



Dementia Dialogues

Training and support for dementia caregivers

Looking for practical tips to help care for a family member or patient who has dementia? These 90-minute sessions help you understand dementia and its progress, help you communicate better, and assist you in solving problems like wandering, sleep problems, eating problems and aggression.

Sept. 25: The Basic Facts: An introduction to Dementia

Oct. 9: Keeping the Dialogue Going: Strategies for Effective Communication

Oct. 23: Understanding the Impact of the Environment & Ways to Promote Independence

Nov. 6: It's Nothing Personal: Addressing Challenging Behaviors

Nov. 20: Now What Do We Do? Creative Problem Solving

Classes occur every other **Wednesday from 2-3:30 p.m.** at **Oconee Memorial Hospital** (298 Memorial Dr., Seneca) in conference room 1. Family caregivers, friends of persons living with dementia, professional caregivers and anyone interested in learning more about dementia are invited. *Continuing education credits available for nurses, therapists and social workers.* RSVP requested but not required (885-7857). Participants not required to attend all five sessions (choose one or all).

Caregivers who need care for a loved one while they attend can call the Alzheimer's Association (1-800-272-3900) *at least two weeks in advance* to request a free caregiver in the home.

For more information about other classes and support groups for caregivers or to schedule a personal consultation about caregiving issues, contact Eunice Lehmacher, LISW-CP, at the Caregiver Connection: Eunice.Lehmacher@PrismaHealth.org or 864-885-7857.