

Living with Alzheimer's: For People with Alzheimer's & Care Partners



Living with Alzheimer's: For People with Alzheimer's is an interactive three-part program where you will have a chance to hear from others who have been where you are. We will discuss what you need to know, what you need to plan and what you can do to navigate this chapter of your life.

This program will cover information for people with a diagnosis of Alzheimer's disease or related dementia.

Topics covered will include:

- Understanding Alzheimer's disease and memory loss
- Partnering with your medical plan
- Effective communication and telling others about the diagnosis
- Coping with changes and making decisions
- Daily strategies and safety issues

The Dementia Challenge: Care Partner Edition is presented by the George G. Glenner Alzheimer's Family Centers, Inc.® in conjunction with the *Living with Alzheimer's: For People with Alzheimer's* program, to help care partners see the world through the eyes of someone with dementia.

Care partners will:

- Participate in an experience that simulates the confusion, sensory & cognitive changes felt by someone with dementia
- Discuss the experience
- Learn how to modify everyday tasks to support your loved one with dementia

Workshop Dates and Times:

Monday, March 5, 12 and 19

10:00 a.m.—11:30 a.m.

Location:

5075 Shoreham Place, Suite 240

San Diego, CA 92122

Co-sponsored by



Contact: Alejandra Pulido at apulido@alz.org or 619-678-8322 ext 8172

Registration and Pre-Assessment required to attend workshops