



“Remember Me”

Alzheimer’s Outreach Program

~ Dementia Caregiver Workshop ~

Creative Solutions and Practical Tools for the Dementia Caregiver.



Sierra Nevada Memorial
Hospital Foundation

To Register please call **Annie Mikal**
(530) 264-5046 or email
[**amikalheine@gmail.com**](mailto:amikalheine@gmail.com).

FREE for family caregivers

WHEN: Mondays, May 13th &
May 20th, 2019

WHERE: Eskaton Village - 49er Lounge
625 Eskaton Circle
Grass Valley, CA 95945

May 13 **9:00am – 1:00pm** Presented by Renee Chevraux, MSW

Session 1: Understanding Dementia

Learn what is happening in the Alzheimer’s or dementia brain. Once we understand why the changes are occurring, we can learn how best to respond to the disease and associated behaviors.

Session 2: Validation Therapy

Explore the theory of Validation as a therapeutic communication technique for dementia symptoms. Reduce fear and anxiety, prevent crisis, and improve the well-being of the confused person and their caregiver.

May 20 **9:00am – 1:00pm** Presented by Renee Chevraux, MSW & Judy Kautz, LCSW

Session 3: Managing Behaviors and Activities

Discuss common dementia behaviors and strategies to handle each challenge. Learn how to engage in meaningful activities to encourage feelings of worth, hope and independence for those living with dementia.

Session 4: Creative Solutions and Practice

Develop a plan of action to help your loved one live life to the fullest. Real life challenges will be shared and we will problem solve together. By practicing the tools and techniques discussed in the course you will come away feeling empowered and prepared for the journey ahead.