



“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.

FREE for family caregivers

WHEN: Mondays, February 10th &
February 17th, 2020

9:00am – 1:00pm

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

February 10

9:00am – 1:00pm

Presented by Renee Chevraux, MSW

Session 1: Understanding Cognitive Impairment

Learn what is happening holistically as we age. We will explore normal brain aging and how memory is made. Our focus will be examining various types of dementia and Alzheimer’s disease.

Session 2: Challenges of Aging

Explore the biopsychosocial challenges of aging and how our personality development and coping strategies affect how we approach old age, including for those with memory impairment.

February 17

9:00am – 1:00pm

Presented by Renee Chevraux, MSW

Session 3: Validation Therapy

Be familiar with the theory of Validation as a therapeutic communication technique for those with dementia. Utilize the techniques to reduce fear and anxiety, prevent crisis, and improve the well-being of the person and caregiver.

Session 4: Creative Solutions and Practice

Review common dementia behaviors and appropriate interventions. Utilize communication techniques to encourage a sense of worth and well-being for your loved one. Develop a plan of action and use concrete problem-solving tools to help you respond to behaviors positively and with compassion. Feel empowered and prepared as you navigate the dementia journey.