

THE BRAINS BEHIND SAVING YOURS.®

Getting Started Education Series

Special thanks to our host
and sponsor:

North Kingstown Senior
Center
44 Beach St
North Kingstown, RI 02852

Call for driving directions:
401-268-1590

Monday Afternoons:

Part 1. September 11, 2017
6:00-7:30pm

Part 2. September 18, 2017
6:00-7:30pm

Part 3. September 25,
2017
6:00-7:30pm

Part 4. October 2, 2017
6:00-7:30pm

RHODE ISLAND CHAPTER

245 Waterman Street,
Suite 306
Providence, RI 02906
alz.org/ri



Phone: 800-272-3900

Fax: 401-421-0115

E-mail: mmurphy@alz.org

Allow us to share the journey with you. Family members, caregivers and friends of persons with Alzheimer's Disease or a related memory disorder are invited to this four-part series to learn, discuss and prepare. You will meet others who share similar concerns and experiences. ***There is no cost to attend but pre-registration is requested. Call the Alzheimer's Association at 1-800-272-3900 to reserve a seat.***

Part 1 - The Basics: Memory Loss, Dementia and Alzheimer's Disease

This workshop is designed to provide you with the basic information that everyone needs to know about memory loss issues and what they mean to all of us.

Part 2 - Understanding and Responding to Dementia Related Behaviors

This workshop is intended to help care providers understand the many possible explanations for why behaviors may occur. Practical coping strategies for responding to these behaviors and communication techniques will be discussed.

Part 3- Legal and Financial Planning on Alzheimer's Disease

Basic legal and financial considerations will be discussed when planning for the journey through Alzheimer's Disease.

Part 4 - Caregiver Wellness Program

Designed for family caregivers and professional caregivers. Caregiving is a demanding task in which the self is "slowly given away." Learning self-care is paramount in preventing burnout. Identify the signs and symptoms of stress. Learn strategies for preventing and coping with the stress of caregiving.

Helpful resource materials will be available to attendees

