

Developing Dementia Dexterity



ARE YOU CARING FOR A LOVED ONE WITH MEMORY LOSS?

Attend a 3-Part Webinar for help!

Developing Dementia Dexterity is a 3-session on-line class via Zoom for those caring for a person with dementia or Alzheimer's. The program has been proven to reduce caregiver stress by giving them useful tools and information.

Learn how to:

- improve your confidence as a caregiver
- create a positive caregiving environment
- manage or redirect challenging behavior
- provide meaningful daily activities based on your loved one's interests and abilities
- reduce caregiver-related stress
- learn to take better care of yourself



DEVELOPING DEMENTIA DEXTERITY WEBINAR VIA ZOOM

Wednesday Afternoons May 11, 18, and 25, 2022

1:30pm - 3:00 pm

TO REGISTER, CALL: 2-1-1 or email upcapinfo@upcap.org

Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency



AREA AGENCY ON AGING
of Northern Michigan



Area Agency on Aging (OCA)
of Eastern Michigan



Area Agency on Aging (OCA)
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