



# ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

**Attend a workshop series for help!**

The Dementia Caregiving Series is an in person 3-session series ideal for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

## Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- Create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



## UPCOMING SERIES

**The Courtyard at Delta**  
**350 S. Marketplace Blvd. - Lansing**  
**Thurs., April 9 - April 23, 2026**  
**10:30 am - 12 noon** 

**East Lansing Public Library**  
**950 Abbot Rd. - East Lansing**  
**Wed., May 6 - May 20, 2026**  
**1:00 - 2:30 pm** 

**Free to attend. Not intended for professional caregivers.**  
**It is recommended to attend all 3 sessions but not required.**

**To register, call TCOA at 517-887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)**

For a full workshop schedule visit [tcoa.org/classes/evidence-based-programs/](http://tcoa.org/classes/evidence-based-programs/)



Workshops made available in whole or part with funding from the Federal Older Americans Act and MDHHS/Bureau of Aging, Community Living, and Supports through the TCOA.