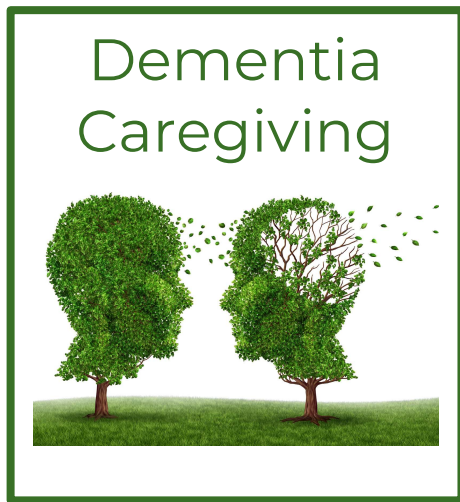




ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

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

Grand Ledge Area District Library
131 E. Jefferson St. - Grand Ledge
Mondays, Oct. 26 - Nov. 9, 2026
1:30 - 3:00 pm



Ingham County Medical Care Facility
3860 Dobie Rd. - Okemos
Thursdays, Nov. 5 - Nov. 19, 2026
10:30 am - 12 noon



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

To register, call Tri-County Office on Aging at 517-887-1465
or email histedc@tcoa.org



For a full workshop schedule visit 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.