Dementia Caregiving



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

DeWitt District Library
13101 Schavey Rd. - DeWitt
Meet in the Annex Room
Thursdays, January 7 - January 21, 2027
1:00 - 2:30 pm

Optional: One-time Managing Stress Workshop Thursday, January 7 from 2:45 - 3:45 pm
Free to attend. Not intended for professionals. 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/classesevidence-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.