

2010 First Link Training Workshops at the Alzheimer Society of Cambridge
 ~ Please register by calling Ike at 519-650-1628 ~

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| Changes to Expect: An Introductory overview of the changing world of the person with a dementia. | | | |
| 2 - 4 PM: Jan. 12 (Tu), Feb. 9 (Tu), Mar. 10 (W), April 13 (Tu), May 5 (W) | | | |
| 6 - 8 PM: Jan. 26 (Tu), Feb. 24 (W), Mar. 22 (M), Apr. 27 (Tu), May 19 (W) | | | |
| 6 - 8 PM | Topic | | |
| Thursday, Jan. 14 Wednesday, Mar. 24 | All About Dementia - the different diseases that cause dementia; drugs, research | | |
| Thursday, Jan. 21 Wednesday, Mar. 31 | The Impact of Changes in the Brain - promoting an understanding of the changes in functioning | | |
| Thursday, Jan. 28 Wednesday, Apr. 7 | Communication and Interaction - the skills needed to decrease the stress caused by dementia | | |
| Thursday, Feb. 4 Wednesday, Apr. 14 | Utilizing Community Services - driving assessment, respite services, care in the home and in the nursing home | | |
| Thursday, Feb. 11 Wednesday, Apr. 21 | Meeting the Stress of Care Giving - preventing deterioration of your own health | | |
| Thursday, Feb. 25 Wednesday, Apr. 28 | Legal and Financial Issues - for families coping with a dementia | | |
| Thursday, Mar. 11 Wednesday, May 5 | Delivering Personal Care - how to assist with dressing, bathing, food preparing and presentation, lifting without hurting yourself, toileting, incontinence | | |
| Thursday, Mar. 18 Wednesday, May 12 | Care in the Late Stage - comfort in the final days | | |
| Presentations at Cambridge Recreation 50+ Centres | | | |
| Time | Title | Date | Place |
| 10:00 - 11:30 AM | Keeping Your Mind Sharp | January 12 February 2 March 9 | W.G.Johnson Centre - 519-740-4681/4467 Durward Centre - 519-740-4681/ 4360 Allan Reuter Centre - 519-740-4681/4406 |
| 10:00 - 11:30 AM | All About Dementia | January 26 March 2 March 23 | Allan Reuter Centre - 519-740-4681/4406 W.G.Johnson Centre - 519-740-4681/4467 Durward Centre - 519-740-4681/ 4360 |
| 7-8:30 PM | Visiting People with Dementia | February 8 | W.G.Johnson Centre - 519-740-4681/4467 |
| 6:15-7 PM January 25 | Your Brain Health: What You Need To Know At 30 | 7-7:45 PM March 4 | W.G.Johnson Centre - 519-740-4681/4467 |