

EDUCATION *Presented by Jennifer Ghent-Fuller, Public Education Coordinator At the Alzheimer Society of Cambridge Office*

Changes to Expect:

An introductory overview of the changing world of the person with a dementia.

2 - 4 PM: May 4 (Tu), June 9 (W) , July 22 (Th) , Aug 18 (W)

6 - 8 PM: May 19 (W), May 19 (W), June 23 (W) , July 27 (T)

2:00pm - 4:00pm	<i>First Link Training Workshops at the Alzheimer Society of Cambridge</i>
Tuesday, May 25th	Next Steps... All About Dementia - the different diseases that cause dementia; drugs, research
Tuesday, June 1st	Next Steps... The Impact of Changes in the Brain - promoting an understanding of the changes in functioning
Tuesday, June 8th	Next Steps... Communication and Interaction - the skills needed to decrease the stress caused by dementia
Wednesday June 9th 6:00 - 8:00 pm	Keeping Your Mind Sharp... - Decreasing your risk of developing dementia
Tuesday, June 15th	Care Essentials... Meeting the Stress of Care Giving - preventing deterioration of your own health
Tuesday, June 22nd	Care Essentials... Legal and Financial Issues - for families coping with a dementia
Tuesday, June 29th	Care Essentials... Delivering Personal Care - how to assist with dressing, bathing, food preparing and presentation, lifting without hurting yourself, toileting, incontinence
Tuesday, July 20th	Options for Care... Utilizing Community Services - driving assessment, respite services, care in the home and in the nursing home
Tuesday, August 17th	Care in the Later Stages... Advocacy, Presence and Staying Connected - aiming for contentment and comfort

Presentations at Cambridge Recreation 50+ Centres

Time	Title	Date	Place
10:00 - 11:30 AM	Is it Alzheimer's Disease or Normal Aging?	May 4 May 11 May 18	Durward Centre - 519-740-4681/ 4360 W.G.Johnson Centre - 519-740-4681/4467 Allan Reuter Centre - 519-740-4681/4406
10:00 - 11:30 AM	Communicating with a Person Experiencing Dementia	July 21 July 28 August 18	Durward Centre - 519-740-4681/ 4360 W.G.Johnson Centre - 519-740-4681/4467 Allan Reuter Centre - 519-740-4681/4406