



# Dementia Care Classes For Caregivers

Knowledge and skills to help you care for those living with dementia

Kathleen Landel, The Caregiver Coach

A three-class series with video, slides, and hands-on skill training using the Positive Approach to Care™ (PAC) developed by Teepa Snow, and taught by a PAC Certified Trainer:

## **Class A**      **Let's Talk About the Brain: The Impact of Dementia**

Understand how the brain changes with dementia and the reason behind challenging behaviors. Experience what sensory changes with dementia feels like, and learn skills to minimize reactions and anxiety.

## **Class B**      **The Caregiver Journey: The Stages of Dementia**

Learn how dementia progresses using Teepa Snow's GEMS model. Identify how you can anticipate and respond to the changes, and support your own needs as dementia progresses.

## **Class C**      **Caregiver Challenges: Dementia Day-By-Day**

Explore and learn to recognize the unmet needs that often cause challenging behaviors. Use what you learned in Classes A & B to practice skills to assist with tasks such as eating, standing, and personal care.

	<b>Class A</b>	<b>Class B</b>	<b>Class C</b>
<b>Session 1:</b>	Friday Feb 9th	Friday Mar 9th	Thurs June 14th
<b>Session 2:</b>	Friday Apr 13th	Friday May 11th	
<b>Session 3:</b>	Thurs Sept 13th	Thurs Oct 11th	Thurs Nov 15th

It is recommended to take the classes in order, but you can mix-and-match.

**Space is limited. Registration is Required.  
Reserve your spot today!**

**Cost:** \$15 per class

**Register at:** [www.thecaregivercoach.info](http://www.thecaregivercoach.info)

**Email:** [kathleen@thecaregivercoach.info](mailto:kathleen@thecaregivercoach.info)

**All classes  
1:30 - 3:30pm**

All classes will be held at:

## **Island Senior Resources**

Bayview Center

14594 SR 525

Langley, WA 98260

360-321-1600

[www.senior-resources.org](http://www.senior-resources.org)

