

LIVING WITH ALZHEIMER'S DISEASE A Caregiver's Information Workshop

These workshops provide practical information from trained specialists to help family and friends caring for someone with Alzheimer's disease or another dementia. These sessions are also helpful to the person who has been recently diagnosed.

The topics include:

- **Alzheimer's Disease and Other Dementias**
- **Preparing for the Future**
- **Valuing the Person with Dementia**
- **Home Care and Community Resources**
- **The Family Perspective**
- **Care for the Caregiver**
- **Home Safety and MedicAlert® Safely Home®**

Registration: \$25 a person

For further information on upcoming workshops and locations contact:

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Living with Alzheimer's Disease

Understanding Alzheimer's Disease and Other Dementias

- Symptoms and Diagnosis
- Progression of the Disease
- Available Treatment Options and Research

Preparing for the Future

- Legal and Financial Considerations
- Enduring Power of Attorney
- Health Care Directives

Valuing the Person with Dementia

- Preserving Independence and Dignity

Home Care and Community Resources

- Caring Communication
- Available Support Services
- Respite Opportunities
- Navigating the System

The Family Perspective

- Personal Insights to Living with the Diagnosis

Care for the Caregiver

- Self-care Techniques
- Maintaining Balance

Past participants say:

"I found the workshops to be wonderful and informative. It was comforting to be able to share experiences with others. I know that I am not alone."

"Being part of a group with similar problems was helpful. Learning about the community resources and how to access them was also very helpful."

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The Alzheimer Society of Manitoba's mission is to alleviate the individual, family and social consequences of Alzheimer's disease and other dementias while supporting the search for a cure.