

Are you caring for a loved one with memory loss?



We can help...

Developing Dementia Dexterity

The three-part, 90 Minute virtual sessions are held once a week and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Topics in the three-week class include:

- Brain Behaviors
- Specific Activities for Persons with Dementia
- Basics of Dementia
- Changing in Thinking Patterns
- Communication Strategies for Caregivers

NOTE: This class is designed for caregivers, CLS Workers, Self-Determination Workers, professionals, and family members caring for someone with dementia or Alzheimer's.

Program Details

Dates:

Part 1: Friday, December 3
Part 2: Friday, December 10
Part 3: Friday, December 17

Time: 1:30pm – 3:00pm

Meetings are once a week, for three weeks.

Location:

**Davison Area Senior Center
10135 Lapeer Rd. Davison, MI**

Cost: No cost, donations are welcome for the class.

**To register for the class please contact: Davison Sr. Center at
(810) 658-1566.**

VAAA
**Valley Area
Agency On Aging**

Answers, Action & Advocacy
for **All Things Senior**

This class is being paid for by the Valley Area Agency on Aging (VAAA) and Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at VAAA at marsa@valleyaaa.org.