

Dementia Caregiving Series



DO YOU KNOW OR CARE FOR A PERSON WITH DEMENTIA?

Whether you are a seasoned dementia caregiver, family, or friend, or if you would just like to know more about dementia, this 3-part series provides a better understanding of dementia and the impact it has on the person with the disease.

Learn about:

- Dementia and its impact
- Effective communication
- Stages of dementia
- Meaningful daily activities
- Dementia-related behaviors
- Creating a positive environment
- Benefits of self-care
- Building a network of support



DEMENTIA CAREGIVING SERIES via ZOOM

Tuesdays, October 24 – November 7, 2023 2:00 – 3:00 pm (EST)

Register online at

www.upcap.org (click on **EVENTS**)

or call **2-1-1** for assistance

There is no charge to attend. Participants must have a device with internet and email address.

REGISTRATION ENDS October 15

