

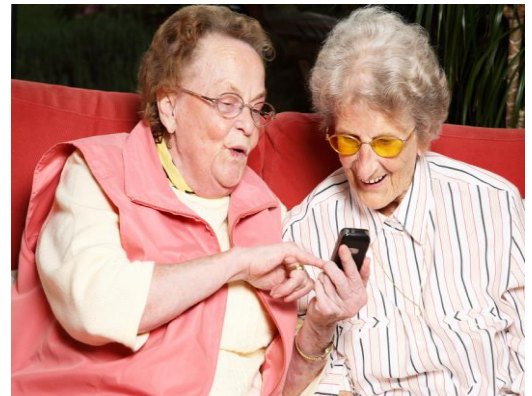
The Best Friends Approach to Alzheimer's Care

A GUIDE FOR FAMILY CAREGIVERS

Are you caring for a loved one with Alzheimer's disease or related dementia? Information presented in this series of three workshops based on the book "A Dignified Life: The Best Friends Approach to Alzheimer's Care - A Guide for Family Caregivers," written by Virginia Bell and David Troxel, can make your caregiving experience more rewarding for you and your loved one. This approach is easy to learn, understand and apply at any stage of the caregiving experience. Topics covered include:

- An easy to learn and understand person-centered model of care
- Help to manage the challenges of caregiving
- Understand living with Alzheimer's disease
- Learn how to assess an individual's strengths and weaknesses
- How to apply the elements of friendship when providing care
- Use a person's life story to improve friendship and communication
- Learn the "knack" of providing care, along with some "Do's and Don'ts"

WHEN: Mondays – March 13, 20, 27, 2017
TIME: 2:00 – 4:00 p.m.
WHERE: Center 50+, Salem Senior Center
2615 Portland Rd NE, Salem, OR 97301
COST: FREE!
REGISTRATION: Call 503-588-6303
(Register early – space is limited)



Workshops will be presented by Michele Nixon, Regional Director for Pacific Living Centers. They are free for unpaid family caregivers and are presented in partnership with the Among Friends Adult Day Respite Program and NorthWest Senior & Disability Services. Thank you to our sponsors:



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Here to
Help!