

Power to Care



Join us!
Family and Caregiver
Education Series

Summit of Uptown
10 N Summit Avenue
Park Ridge

Alzheimer's Disease Family & Caregiver Education Series

Are you struggling to get your family all on the same page in understanding changes occurring due to dementia? Not sure how to respond when unexpected behavior occurs? Feeling like you've hit a roadblock in communicating effectively or starting to burn out? Join us for this interactive three-part seminar and gain practical knowledge and tools to support the health and wellness of your loved one and yourself.

February 29th, March 7th and March 14th

Breakfast at 8:30 am, Program from 9:00 – 11:00 am

Feb 29th | Understanding Dementia, Associated Behaviors, and Fundamentals of Dementia Care
Expand your knowledge and ability to address changes that occur at various stages of Alzheimer's disease and other related dementias.

Mar 7th | Effective Communication and Strategies for Challenging Behaviors
Develop practical strategies for interpersonal communication with effective means to assist individuals with dementia in performing ADL's (activities of daily living).

Mar 14th | Using Montessori Techniques to Enhance Quality of Life.
Discover effective approaches for person-centered care and meaningful activity. Learn how to apply these principles to ensure a safe and effective environment of care.

Registration Fee: \$49 for 3-part series, or \$20 per day

For registration, go to <https://dementia-family-education.eventbrite.com>

Contact Susan Scatchell at sscathell@gentlehomecare.com or call 847-323-7428

About the presenter: Kristine Cichowksi, MS, CDP is an education and business consultant specializing in disability inclusion, family caregiving and work-life balance. As a Certified Dementia Care Practitioner, she consults with families to expand resource knowledge and skills.



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