

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: Thursday, January 13

Part 2: Thursday, January 20

Part 3: Thursday, January 27

Time: 12:00pm – 1:30pm

Meetings are once a week, for three weeks.

Location:

**Grand Blanc Senior Center
12632 Pagels Dr. Grand Blanc,
MI 48439**

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

To register for the class please contact: Grand Blanc Sr. Center at (810) 695-3202.


**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.