

**Are you caring for a loved one with memory loss?**



**We can help...**

## **Developing Dementia Dexterity**

The three-part, 90 Minute 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: 1:30pm – 3:00pm**

**Meetings are once a week, for three weeks.**

### **Location:**

**Shiawassee Council on Aging  
300 N Washington St.  
Owosso, MI 48867**

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

**To register for the class please contact: SCOA at (989) 723-8875**

  
**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](mailto:marsa@valleyaaa.org).