



Dealing with Dementia Workshop

The Boulder County Area Agency on Aging Caregiver Initiative is focused on empowering and supporting caregivers of older adults. "Most family caregivers assume the care of a loved one without access to needed training and education," said Gayle Alston, Director of RCI Training Center for Excellence. "Caregiving for a loved one is a rewarding and loving experience. However, due to the physical and emotional demands of caregiving and the struggles specific to dementia care, caregivers often suffer high levels of stress and depression."

Family and informal caregivers are the backbone of community-based services. To support local caregivers of people with dementia, we are offering this workshop, developed by the Rosalynn Carter Institute for Caregiving. The workshop provides effective strategies for dealing with dementia behaviors, providing tips and strategies for caregivers on best practices for caring for their loved ones and themselves. Caregivers who attend will receive a copy of "Dealing with Dementia: A Caregiver's Guide," which provides information and solutions to problems caregivers face every day.

When: Tuesday, June 17, 1-5 p.m. (*Please register by Monday, June 9.*)

Where: Boulder County Campus (Broadway & Iris in Boulder)

Registration: Register by emailing infoCaregiver@bouldercounty.gov or calling 303-441-3945. Please provide your name, contact information, and a few sentences about your role as an informal or family caregiver. There is no charge for this program. Light snacks will be provided.



Information & Assistance for Aging Well

303-441-1617

www.BoulderCountyAging.org