



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, Aug. 19, 1-5 p.m. (*Please register by Monday, Aug. 11.*)

Where: 3482 Broadway, Boulder

Registration and Questions: Call 303-441-3945 or email infoCaregiver@bouldercounty.gov.

Please provide your name, contact information, and information about your role as an informal or family caregiver. This is no charge for this program. Light snacks will be provided. Prior to the workshop all registered caregivers will receive a telephone call for trainer to obtain some additional demographic and situation information.