



## 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/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. This 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 the workshop will also receive a copy of the Dealing with Dementia Guide, which provides information and solutions to problems caregivers face every day.

**What:** Dealing with Dementia

**When:** Friday, Nov. 14, 1-5 p.m. (*Please register by Thursday, Nov. 6.*)

**Where:** Longmont (Details provided upon registration.)

**Registration:** There is no charge for this program, but registration is required by Thursday, Nov. 6 at [InfoCaregiver@bouldercounty.gov](mailto:InfoCaregiver@bouldercounty.gov). Please provide your name, contact info, and a few sentences about your caregiving situation. To register by phone, call Rebekah Van Sweden at 303-441-3945. Light snacks will be provided.

Learn more about what we offer at [boco.org/Caregiving](http://boco.org/Caregiving).



Information & Assistance for Aging Well

**303-441-1617**

[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)