

essential
skills
series



essential skills for alzheimer care

It Starts with Communication

Good communication is essential when providing care for a family member in mid-to-later stage dementia. Learning successful ways to start conversations and activities makes daily tasks, like dressing and meals, less stressful. Learning how to respond to difficult questions can help avoid disagreements. When you are talking, laughing or reminiscing, you're both more likely to go through the day in a lighter mood.

First in a series of new skills-based programs designed with family caregivers in mind. *No professional caregivers please.*

Thurs., March 22, 2012
1:00 – 3:00 PM

Springwell
125 Walnut Street
Watertown, MA 02472

Presented by:
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Alzheimer's Association

Pre-registration
is required. Go to
www.alz.org/MANH
or call 800.272.3900



Presented in collaboration with Springwell through an Administration on Aging Grant administered by the Massachusetts Executive Office of Elder Affairs.