



# CAREGIVER ESSENTIALS

## *Education Series: Overview*

Join us for a new education series to learn more about Alzheimer's disease, dementia, and other memory impairments and build your skills as a caregiver! Learn more about normal aging and signs of dementia, tips for better communication with someone with the disease, how to keep your loved one engaged, and how to take care of yourself!

Come for one session or the whole series!

- Feb 28** Diagnosis Dementia: Now What?
- Mar 28** Enhancing Communication with a Loved One
- Apr 25** Are They Doing That on Purpose: Understanding Behaviors
- May 23** A Person-Centered Approach to Care
- Jun 27** Tapping into the 5 Senses: Ideas for Engagement
- Jul 25** Taking Care of Yourself: Tips to Survive Caregiving

### Presenter

**Lindsey Vajpeyi, Insight Memory Care Center**



Lindsey has worked to provide quality educational programs to the community, and provide support, resources, and education to those in need. She currently holds an Activity Director Certification, EssentiALZ Dementia Advanced Care certification, and a Master Trainer certification with the Best Friends Approach to Dementia Care. She is the Director of Education and Outreach at Insight Memory Care Center, a nonprofit adult day health and resource center.

These programs are co-hosted by Insight Memory Care Center and Sunrise of Alexandria. Join us to build your skills!

### DETAILS

Classes will be held from 6:30 to 7:30 pm on the fourth Thursday of each month. Class sessions are detailed on the back of this flyer!

### LOCATION

Sunrise of Alexandria  
3520 Duke Street  
Alexandria, VA 22304

### RSVP

Please RSVP to Leaticia Ehui at 703-212-9192 or Alexandria.RC@sunriseseniorliving.com.





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## *Education Series: Class Details*

### Diagnosis Dementia: Now What?

*Thursday, February 28 from 6:30 to 7:30 pm*

It can be quite a shock - or a sense of relief! - once the diagnosis has been given. This discussion will help you start planning for the future, while also adjusting to a new life with someone who has dementia.

### Enhancing Communication with a Loved One

*Thursday, March 28 from 6:30 to 7:30 pm*

Communication, both expressive and receptive, often becomes difficult as you struggle to meet the needs of your loved one. Learn some communication skills that can help ease the frustration and lead to successful interactions.

### Are They Doing That on Purpose?

*Thursday, April 25 from 6:30 to 7:30 pm*

For those with memory impairments, sometimes the only form of communication provided is through behavior, both positive and negative. Come and learn strategies for communication and dealing with difficult behaviors.

### A Person-Centered Approach to Care

*Thursday, May 23 from 6:30 to 7:30 pm*

How can you reconnect with someone with dementia? Keeping their current abilities in mind, learn ways to keep your loved one engaged in personalized activities.

### Tapping into the 5 Senses: Ideas for Engagement

*Thursday, June 27 from 6:30 to 7:30 pm*

Though memory and communication abilities are impaired as dementia progresses, the ability to connect through the senses remains strong. This class helps caregivers to learn how to better engage individuals by tapping into the five senses.

### Taking Care of Yourself: Tips to Survive Caregiving

*Thursday, July 25 from 6:30 to 7:30 pm*

A caregiver's needs are always at the bottom of the list. Learn more about the impact of caregiving, while also developing strategies for self-care, ways to deal with stress and how to maintain a healthy lifestyle and take care of yourself!