



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, and local resources that are available to help.

Come for one session or the whole series!

- Feb 15** Normal Aging vs. Dementia
- Mar 15** Dementia 101
- May 17** Enhancing Communication with a Loved One
- Jun 21** Are They Doing That on Purpose: Understanding Behaviors
- Jul 19** 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, Independent You Senior Services, St. Mary of Sorrows Catholic Church, and St. Leo the Great Catholic Church.

DETAILS

Classes will be held from 1:00 to 2:00 pm, with a light lunch served beforehand at 12:30 pm in Farrell Hall. There is no cost for the lunch or program; an RSVP is greatly appreciated.

LOCATION

St. Mary of Sorrows
5222 Sideburn Road
Fairfax, VA 22032

RSVP

Please RSVP to Independent You, Senior Services at 703-999-3006 or info@independentyou.net.

QUESTIONS?

Please contact Mary Beth Crosson at info@independentyou.net or 703-350-2364.



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Education Series: Class Details

Normal Aging versus Dementia

Friday, February 15 from 1:00 to 2:00 pm

Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia or memory impairment.

Dementia 101

Friday, March 15 from 1:00 to 2:00 pm

Learn the basics of dementia, including Alzheimer's disease and other dementias. While not everyone travels the same path, come and learn about the general stages to help you anticipate future changes.

Enhancing Communication with a Loved One

Friday, May 17 from 1:00 to 2:00 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?

Friday, June 21 from 1:00 to 2:00 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.

Taking Care of Yourself: Tips to Survive Caregiving

Friday, July 19 from 1:00 to 2:00 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!