



For more information, please contact HOPE Dementia Ministry LLC
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Open
to the
Public

HOPE Dementia Ministry presents

Free Dementia Caregiver Workshop

Hosted by St. Frances Cabrini Church
9000 Laurence St., Allen Park
(In the Holy Family Hall)

Saturday, September 21, 2019

9am - 12 pm

Are you caring for someone living with dementia?

Are you stressed and over worked?

Do you need some support and advice?

Have you wondered if your loved one is in the appropriate living situation?

Would you like to know how to make the home environment safer for your loved one?

Then join us for a free workshop covering the following topics!

Caregiver Burnout and Building a Care Team

Over 70% of care givers are family members. Experience is showing us that it is almost impossible to be the care giver *and* the son, daughter, or spouse. In many families, the care giving falls on one person primarily and 30 to 50% of care givers die before the person with dementia. Learn how to relieve the stress the care giver experiences and how to use outside help to improve the quality of life for the person with dementia and the care giver.

Safety Concerns and Living Options

When it comes to deciding whether someone living with dementia can continue to live in their own home, there is much to consider. Can changes be made to the existing home to "elder-proof" it? Does the person have support and supervision available to maintain their safety and security? And when considering moving to a new living situation there are many options to explore. This session will cover all these questions and help you weigh your own situation.

Breakfast refreshments will be provided.

(Optional \$5 booklets available for each topic)