

You're Invited



Lunch & Learn For Caregivers



Fridays

12:00 – 1:00 pm

**Grantsville City Library
42 N Bowery Street**

RSVP

(435) 277-2420

Register Today – Limited Space

October 15th – *Dementia Live: An Inside-out Understanding*

Dementia Live provides participants with a real-life simulation of what it may be like to live with dementia, using specialized gear in an experiential setting. Participants will gain a heightened awareness of the constant struggles affecting persons with cognitive impairment. A brief group discussion will be held immediately following the exercise to encourage attendees to use what they've just experienced to enhance their care efforts.

October 22nd – *Try This: Dementia Care Best Practices*

Successful approaches to providing dementia care, such as Teepa Snow's Positive Approach to Care and being in the moment using improvisation, will be presented. Additionally, Deborah Parker, RN and certified dementia educator with BrightStar Care, will share examples of how these effective strategies may be personally employed for fulfilling interactions.

October 29th – *Home-Safe Home*

Robert York, Occupational Therapist at Rocky Mountain Care, will share with you ways to evaluate the safety of your home for caregiving. Then he will provide tips and information on ways to make improvements. Assistive tools that could be incorporated in your home will also be shown.

November 5th – *Let's Have Some Fun: Dementia Caregiver Kits*

Join us for an explanation of and demonstration of items included in Dementia Caregiver Kits that are available locally for borrowing. These kits contain a variety of materials that will provide engaging activities, meaningful interactions, and can be used to entertain or redirect a person who struggles with memory loss.

