

DEPARTMENT OF INTERNAL MEDICINE & GERIATRICS

DEMENTIA C.A.R.E.S.

Caregiver Access to Resources, Education, & Support



Wednesdays
starting January
13, 2021
10:30-11:30
via Zoom

Dementia C.A.R.E.S. is a **FREE** 6-week caregiver education and support program for those caring for someone with dementia. Each week of the 6-week program focuses on a different topic including: Behavioral Changes, How to Ask for Help, Communication Skills, Community Resources, Alternative Treatment Options, and Caring for the Caregiver.

Dementia C.A.R.E.S. will be held virtually using Zoom. Registration is required to receive the link to attend each session. This program is sponsored by the Heath Foundation.

Registration due by December 8. For more information, contact: **Jane Oderberg, LMSW**
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hsc 
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