

**SATURDAY
MARCH 10, 2018**

9:00AM TO 2:00PM

FAMILY CAREGIVER DEMENTIA WORKSHOP

This workshop for family caregivers provides a forum for individuals to learn new strategies for helping their relatives with dementia, such as how to make the home safer, resources for acquiring adaptive equipment and strategies to promote participation in activities.

Resources and educational materials are provided.

Main Line  Adult Day Center
Home away from Home

This workshop is Free
Registration is Required
Light lunch provided
Contact Pam Barton
bartonp@mladc.com or
610-527-4220

Sessions Include

Understanding & Addressing Challenging Behaviors

Are you caring for a relative with memory loss, Alzheimer's disease or dementia?

Is your relative agitated, refusing help, waking up at night and/or wandering?

Ensuring Safety in the Home

Are you concerned about your family member with dementia falling at home?

Is your family member having difficulty moving through the home?

Are you nervous when assisting your family member with a bath or shower?

Promoting Activity Engagement

Is your family member with dementia bored or inactive?

Are you having trouble finding activities of interest for your family member with dementia?

Is your family member with dementia easily upset or agitated?

Location

119 Radnor Street
Bryn Mawr PA 19010

610-527-4220

www.MainLineAdultDayCenter.org