

Family Caregiver Alliance

SPRING EVENTS 2018

There Must Be a Better Way Than This!

In this FCA class, you'll have the opportunity to learn tips and strategies for understanding and communicating effectively with someone living with dementia. This class will also cover how to handle difficult behaviors, how dementia impacts a person's ability to understand and communicate, and how to feel more confident in your caregiving role.

Pre-registration is required and group size is limited. Please let us know if you have a disability and require specific accommodations. This class is specifically for family caregivers, not providers.

When: Wednesday, March 21, from 10 a.m. to 1 p.m.

Where: San Pablo Community Center
2450 Road 20, Activity Rm #2, San Pablo 94806

Presenter: Amanda Hartrey, LMFT, Family Consultant

Cost: No charge

Registration: Amanda Hartrey, ahartrey@caregiver.org,
(415) 434-3388 x 334

Program is funded by the Contra Costa County Area Agency on Aging and the City of San Pablo.

Powerful Tools for Caregivers

This free, six-part class offers new skills and tools for family caregivers of those with a chronic health condition such as Alzheimer's disease, Parkinson's, or stroke. At Powerful Tools, you will have the opportunity to learn how to reduce stress, make difficult caregiving decisions, communicate more effectively during challenging situations, and prevent caregiver burnout.

Pre-registration is required and group size is limited. Please let us know if you have a disability and require specific accommodations. This class is specifically for family caregivers, not providers.

When: Mondays, April 16, 23, 30, and May 7, 14, and 21,
from 2 p.m. to 3:30 p.m.

Where: Catholic Charities — Adult Day Services
50 Broad Street, San Francisco 94112

Presenters: Annie Roche, MSW, MPH, Family Consultant, and
Christina Irving, LCSW, Family Consultant/Clinical Supervisor

Cost: No charge

Registration: Annie Roche, aroche@caregiver.org,
(415) 434-3388 x 317

Program is funded by the City and County of SF Department of Aging and Adult Services.

Tech Tools for Caregivers

This workshop will offer a practical overview of how technology tools may help family caregivers provide care for a frail or ill family member, partner, relative, friend, or spouse at home. Technology products like smart phone apps, communication aids, in home sensors, and webcams can help make a home safer, and reduce the caregiving workload. The class will include information on how to determine what your needs are, the costs of tech tools, privacy considerations, and ease of use.

When: Thursday, April 19, from 2 p.m. to 4 p.m.

Where: Veterans Memorial Senior Center, Gold Star Rm.
1455 Madison Ave, Redwood City 94061

Presenter: Christina Irving, LCSW, Family Consultant/
Clinical Supervisor

Cost: No charge

Registration: Calvin Hu, chu@caregiver.org,
(415) 434-3388 x 313

Program is funded by the San Mateo Medical Center through the Sequoia Health Care District.

Understanding Memory Loss and Dementia

Occasionally misplacing keys, forgetfulness, and sometimes failing to remember which word to use can be common experiences among older adults. While aging may include an increase in memory problems, dementia is not a normal part of the aging process. At this workshop, participants will learn the differences between dementia and normal age related memory loss, some warning signs of dementia, how dementia affects thinking and mood, and the importance of obtaining a diagnosis.

When: Monday, May 21, from 12 noon to 1 p.m.

Where: Belmont Library
1110 Alameda de las Pulgas, Belmont 94002

Presenter: Christina Irving, LCSW, Family Consultant/
Clinical Supervisor

Cost: No charge

Registration: Calvin Hu, chu@caregiver.org,
(415) 434-3388 x 313

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Family Caregiver Alliance supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call **(800) 445-8106** or visit www.caregiver.org.