

# There Must Be a Better Way Than This!

*Understanding and Communicating with People with Dementia*

## A Free One Day Class for Dementia Caregivers

In this FCA class you'll learn the following tips and strategies on how:

- ▶ to handle difficult behaviors.
- ▶ dementia impacts a person's ability to understand and communicate.
- ▶ to feel more confident in your caregiving role.



**DATES/TIME:** Friday, February 16, 2018  
10 a.m. to 1 p.m.

**LOCATION:** Alzheimer's Association  
4340 Redwood Highway, Suite F138  
San Rafael 94903

**SPEAKER:** Amanda Hartrey, LMFT, FCA Family Consultant

**TO REGISTER:** Contact Amanda Hartrey at (415) 434-3388 ext. 334.  
Feel free to leave a message with your name,  
number, and the name of this workshop.

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

**FCA**  
FAMILY CAREGIVER ALLIANCE®

alzheimer's   
association®

This program is funded by the Marin County Department of Aging and Adult Services and the Alzheimer's Association. FCA 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 [caregiver.org](http://caregiver.org).