



Survival Tips

Frequency: 3 week Series

Duration: 2 hours

Registration: Required, max of 10-12 participants

When: Thursday May 6
Thursday May 13
Thursday May 20

Time: 12:00-2:00pm

Where: Google Meets

Concept: Survival Tips is an opportunity to come together, and participate in weekly themed and guided conversations focusing on surviving the CarePartner journey. CarePartners will delve into the essentials required to provide progressive care for persons living with dementia.

Topics will include but not limited to: Hope, Expectations, Asking for help, Self Care & Wellbeing

Incorporating elements of humour, to bring some relief to the stress of it all, education is provided with ample opportunity for CarePartners to discuss and connect to the material by sharing their own experiences and information. This group is best suited for experienced CarePartners, who are not new to the journey. This group invites voluntary information and experience, and explores tools to help with the issues of progressive disease management.

Goal: Providing CarePartners an expanded opportunity to learn, discuss and plan for the future challenges for providing care & disease management. A variety of themes, topics and resources are incorporated.

Facilitated by our ASP Counsellors