

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON



You are invited to attend our upcoming education sessions via Zoom!

Get all the same benefits of attending our education sessions from the comfort of your own home using the Zoom meeting platform!

Understanding the 8A's of Dementia – Tuesday, October 20th at 10:00am

The 8A's of dementia describe the symptoms of dementia that will affect how a person living with dementia will think and act. In this session, we will explain the 8A's, known as anosognosia, amnesia, agnosia, aphasia, apraxia, apathy, altered perception, and attentional deficits in more simple terms and explore how they affect a person's day to day behaviour.

Who should attend: Care partners, family, and friends supporting persons living with dementia

Mindfulness Workshop for Caregivers – Tuesday, October 27th at 10:00am

Supporting a person with dementia requires time and energy. We often hear about the importance of self-care for caregivers, but aren't sure how to practice it, or when we will find the time. This interactive workshop will provide an introduction to mindfulness and highlight some simple mindfulness-based strategies that you can try wherever you are, with whatever time you have. Come join us as we try something new, together.

Who should attend: Care partners, family, and friends supporting persons living with dementia

Cold Weather Safety Tips – Monday, November 30th at 1:30pm

Whether you are going outside for some fresh air, or heading to a medical appointment, getting outside during the winter may be something that is important, or necessary, for a person living with dementia. Going outdoors with a person living with dementia, especially in the winter months, can take great care and consideration. In this session, we will explore some cold weather safety tips that will help keep you safe, and warm, this winter season.

Who should attend: Persons living with dementia, care partners, family, and friends supporting persons living with dementia.

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Preparing for the Holidays – Tuesday, December 8th at 10:00am

For people living with dementia, the holiday season can be a stressful and overwhelming time. With some modifications to our regular traditions, we can make the holidays more enjoyable for everyone. Join us as we explore some helpful holiday tips that can make this season as stress-free as possible.

Who should attend: Persons living with dementia, care partners, family, and friends supporting persons living with dementia.

Mark your calendars. Online registration details coming soon!