

First Steps

For Care Partners

A First Link® Learning Series



Dates and Time:

Wednesdays, February 14, 21, 28, March 6, 2024

9:30 am to 11:30 am

Location:

Virtual via Zoom

(Zoom link provided upon registration)

Topics will include:

- What is Dementia?
- Brain changes
- Coping strategies
- Planning for the future
- Building a Circle of Support
- Community resources

First Steps is a four-week virtual learning series that provides an overview of the dementia journey and will help you better understand the changes you are witnessing in the person living with dementia.

Research has shown that when people learn about dementia early in the illness, they manage better. At this series, you will learn about types of dementia and how changes in the brain affect day-to-day functioning. You will also identify coping strategies and begin to plan for the future.

Who Should Attend: care partners, family members or friends of people living with dementia

This series is offered **FREE** of charge, but spaces are limited. **Registration is required for this program. Please register before Friday, February 2, 2024.** If you would like to know if the *First Steps for Care Partners* program is a good fit for your learning, or are interested in registering, please contact your Client Support Coordinator at the Alzheimer Society. If you are connecting with the Alzheimer Society for the first time, please contact our Intake Coordinator at (705) 748-5131 or 1-800-561-2588, ext. 235.

Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland, and Haliburton

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