

Taking Control of our Lives

A self-management program for people living with dementia



Dates and Time:

Wednesdays, October 18, 25, November 1, 8,
15, 22, 29, December 6
(Dec. 13 is a back-up date, if needed)
1:30 PM - 4:00 PM

Location:

Peterborough

(Exact location provided upon registration)

This 8-week program is for people living with dementia. Taking Control of Our Lives is intended to help you, a person with dementia, to develop skills, increase your confidence and feel empowered to take control of your life by talking with and learning from others that may be experiencing some of the same things that you are. Care partners are invited to learn strategies to best support someone living with dementia and their ability to self-manage.

Topics will include:

- Memory Tips and Strategies
- Adapting to Change
- Finding Meaning & Purpose
- Communication
- Safety, Independence & Decision-Making
- Emotional Wellness
- Building & Keeping Connections
- Staying Well

Who Should Attend: Persons in early stages of dementia and their care partners.

This series is offered FREE of charge, but spaces are limited. Registration is required for this program. If you would like to know if *Taking Control of Our Lives* 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 & Haliburton

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