



You are invited to attend our August 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!

Overview of Alzheimer's Disease and Dementia – Tuesday, August 11th at 10:00am

What is dementia? This session will help participants to better understand the various types of dementia that exist, including both reversible and irreversible types, as well as the symptoms of dementia. This presentation will also explore how Alzheimer's Disease, the most common form of dementia, impacts the brain.

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

Importance of Self-Compassion for Caregivers – Tuesday, August 18th at 10:00am

This session will explain what self-compassion is and the impact it has on our physical, emotional and cognitive health. We will also discuss how important it is for caregivers to embrace self-compassion and how self-compassion can empower caregivers as they continue with their essential role in supporting the person living with dementia.

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

Visual and Perceptual Changes in the Brain – Tuesday, August 25th at 10:00am

As dementia continues to progress, sensory and perceptual abilities can be affected as well as peripheral vision, depth perception and colour perception. This presentation addresses how these changes can impact the person living with dementia's ability to safely and effectively navigate their environment and provide strategies to address and adapt to these visual and perceptual changes.

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

How to register: Please visit <https://alzheimer.ca/en/pklnh/We-can-help/online-education-opportunities> to register for the session(s) you would like to join. You will receive an email prior to your session with instructions for accessing the session. If you have any questions or need assistance registering, please email Shelby Barrie at shelby@alzheimerjourney.ca.