

Orangevale Series Caregiver Workshops



Each workshop is unique and offers valuable building blocks and helpful tools for caregivers and individuals who would like to learn more about memory loss and dementia-related conditions.

Tuesday, January 16, 2018 | *The Basics: Memory Loss, Dementia and Alzheimer's Disease*

Dr. Vanessa Mandal, Geriatrician, Mercy Medical Group's Geriatric Division

Learn about the differences between normal aging and dementia, the basics of Alzheimer's disease and related disorders, the diagnostic process, and management of the disease. Learn about resources offered by the Alzheimer's Association, keys for planning for the future, and how family members and caregivers can help the person with dementia.

Tuesday, February 20, 2018 | *Learning Dementia Language*

Stephanie Wilson, Program Supervisor, Triple R Adult Day Program, City of Sacramento

One of the most stressful aspects in providing care for someone with memory loss is feeling as if you cannot communicate with each other. If the person with dementia does not feel understood, they may appear anxious and irritated or even prone to wandering or agitation. In this workshop, we explore ways to recognize the non-verbal cues your loved one may be giving you and advice about how to structure conversations to best meet the communication needs for the person with dementia.

Tuesday, March 20, 2018 | *Driver Safety and the Aging Driver*

Jerrod Sieberg, DSM I, Senior Driver Ombudsman Northern California Region, DMV

Hear ideas for safe, prolonged driving independence from the local DMV Senior Driver Ombudsman. Topics will include: driver license renewal strategies, DMV criteria for evaluation of Alzheimer's disease and other cognitive or physical impairments, and how your health is closely connected to your driving.

TIME: 6:00—7:30 P.M.

**LOCATION: Divine Savior Catholic Church
9079 Greenback Lane, Orangevale, CA 95662**

All workshops are FREE!

**For info and to RSVP, please call
Senior Care Solutions: (916) 965-5565**

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