



A place for caregivers to learn and find support

Dementia Caregiving 101

Join us for an educational series on caring for those with dementia or memory loss. The series is eight weeks long — feel free to register for one session or all eight. This program is designed to equip family caregivers of those living at home.



SIU MEDICINE

DALE & DEBORAH SMITH CENTER
FOR ALZHEIMER'S RESEARCH
& TREATMENT



Lincoln Library



Monday, July 31

- ◆ Understanding Alzheimer's
- ◆ After the Diagnosis

Monday, August 7

- ◆ Fall Prevention
- ◆ Exercise Demonstration
- ◆ Safety Issues

Monday, August 14

- ◆ Brain Nutrition
- ◆ Meaningful Activities
- ◆ Beyond the Medical Center

Monday, August 21

- ◆ Alzheimer's Behaviors
- ◆ Communication Strategies

Monday, August 28

- ◆ Clinical Trials/Research
- ◆ Treatments

Monday, September 11

- ◆ What is Dementia Friendly?
- ◆ Family Roles & Dynamics
- ◆ Caregiver Panel

Monday, September 18

- ◆ Driving and Dementia
- ◆ Planning for the Future - Legal and Financial Decisions

Monday, September 25

- ◆ All About the Caregiver — Who's Taking Care of You?



ALL SESSIONS ARE 2 P.M. - 4 P.M.

Space is limited. Registration required.



LINCOLN LIBRARY

Multipurpose Room, second floor
326 S 7th St, Springfield

To register or learn more information,
email care@siumed.edu, call 217.545.7204
or use your phone camera to scan the
QR code to the right.

