



# Always Best Care™ senior services

## Community Education Calendar Spring 2022

### Memory Matters

**Thursdays March 3 -April 16**

**Virtual; 10am - 12pm**

Memory Matters is an 8-week evidence-informed program for people with early memory loss and their care partners. Each meeting will feature an expert speaker on relevant topics.

**Registration required.**

### Caregiving Essentials: A Brief Skills Workshop for Busy Family Caregivers

**Date: Saturday, February 19  
and April 16**

**Virtual; 9am-12:30pm**

Attendees will learn best practices in dementia care and what to expect and plan for as the disease progresses. Participants will begin to develop a strategic approach to caregiving that is sure to improve the lives of the entire family.

**Registration required.**

### Dementia Coaching Sessions

#### Neuropsychology of Dementia Care: The Link Between the Brain and Behavior

**Date: Wednesday, February 23  
Virtual; 11am - 12pm**

Attendees will develop a better understanding of how the brain changes over the course of the disease and consider strategies to mitigate potential behavioral challenges.

**Registration required.**

#### The Art of Managing Confusion

**Date: Wednesday, March 23  
Virtual; 11am-12pm**

Learn the core components of effective communication with people who are cognitively unique and begin to recognize emotional needs related to confusion.

**Registration required.**

#### Meaningful Engagement: How to Construct a Memory Care Tool Kit

**Date: Wednesday, April 27  
Virtual; 11am-12pm**

Find inspiration for curating specialized activities that provide purpose, stimulation, and meaning for people with dementia.

**Registration required.**

### Attention Gen X: Almost Everything You Need to Know About Caring for an Aging Parent

**Date: Thursday, May 19  
Virtual; 4pm-5:30pm**

Join Dr. Hart and Team ABC for an enlightening conversation about our collective future and how to go about planning for your loved one's care (and your own down the road). Topics for discussion will include:

- How to begin the discussion about long term care and what to discuss in the first place
- Managing role reversal and relational conflict
- What to do when your loved one says no
- Home care, assisted living, skilled care - what the heck?
- Helpful community resources

**Registration required.**

### To Register - Call or Email

Phone:

(424) 323-3518

Email:

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Classes taught by  
**David Hart, Ph.D.,**  
professor and  
clinical mental  
health counselor  
with nearly 20 years  
of experience  
educating and  
empowering people  
with dementia and  
their care partners.

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