



## U-First! for Care Partners

Registration  
is Free

U-First!® is an innovative education program for all members of the care team who are supporting people with behaviour changes due to dementia or other cognitive impairment. This includes health care providers in a direct care role and care partners (family and friends). The U-First!® Framework is a person-centred approach to looking at the whole person.

### U-First!® for Care Partners

is a 6 hour education program that will help you to build confidence and skills to:

- Enhance your well-being and that of the person you are supporting who is experiencing behaviour changes
- Reduce responsive behaviours by using the U-First!® framework
- Improve collaboration among all team members through a common knowledge, language and approach to care

#### Dates:

Monday, October 16, 2023

Tuesday, October 17, 2023

Wednesday, October 18, 2023

#### Times:

9:00am to 12:00pm

#### Location:

Virtually through Zoom

If you are interested in participating, please contact:

Rylee Rieu, Mary O'Connor or Heidi Cote, Client Services Coordinators

Phone: (807)468-1516 or 1-800-682-0245

E-mail: [info@alzheimerr.com](mailto:info@alzheimerr.com)