

## Care Essentials

A First Link® Learning Series  
for Care Partners



### Dates and Time:

Mondays, October 21, 28, November 4, 11, 2024  
(November 18 is a back-up date, if needed)  
1:00 - 3:30 pm

### Location:

Cobourg  
(Exact location provided upon  
registration)

### Topics will include:

- The progression of dementia
- Understanding behaviour
- Building on the person's strengths
- Coping with changes in communication
- Supporting daily activities
- Accessing community resources

Family members and care partners of people with Alzheimer's disease and other dementias are invited to attend this learning series.

Participants will learn about the link between brain changes and behaviour, problem solving strategies, new approaches for communication, and how to best support daily activities. Participants will also learn about other resources to support them in their role as a care partner.

**This series is offered FREE of charge, but spaces are limited. Registration is required for this program.**

If you would like to know if the *Care Essentials* program is a good fit for your learning, or are interested in registering, please contact your Family Support Counsellor at the Alzheimer Society. If you are connecting with the Alzheimer Society for the first time, please contact our Intake Coordinator at (705) 748-5131 or 1-800-561-2588, ext. 235.

**Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland & Haliburton**

18-360 George St. N, Peterborough, Ontario K9H 7E7  
705-748-5131 or 1-800-561-2588 | [info@alzheimersociety.ca](mailto:info@alzheimersociety.ca)

[www.alzheimer.ca/pklnh](http://www.alzheimer.ca/pklnh)