

Creating a Back-Up Plan for Care: A Workshop for Caregivers of People Living with Dementia



Date and Time:

Monday, May 13, 2024

1:30 - 3:00 pm

Registration is required

Location:

Cobourg

(exact location provided upon registration)

Caring for a person with dementia can be challenging. In addition to the day-to-day responsibilities, many caregivers struggle with the fear of what would happen if they unexpectedly became ill or unable to provide care. Although we can't predict the future, doing some planning in advance can help you feel prepared and lower your stress level. Sharing this back-up plan with family and those who support you will also help them feel better prepared to step in and support the person living with dementia in the event of an unexpected emergency. This workshop will provide you with ideas and tools to begin creating your back-up plan for care.

Topics will include: identifying your circle of support, home and community-based care options, safety planning, planning for future care needs, and an opportunity to get started on creating your back-up plan!

Who should attend: Care partners and family members of people living with dementia

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

If you would like to know if this education workshop is a good fit for your learning, or are interested in registering, please contact your Client Support Coordinator 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

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