

# Dementia Caregiver Workshop

This interactive workshop is designed to empower caregivers with tools, techniques, and knowledge to provide expert care for loved ones with dementia. Based on methods pioneered by dementia care experts Teepa Snow and Naomi Feil and presented by Steve Catoe, Certified PAC Trainer and Certified Validation Worker, this event is not to be missed!

## St. James Missionary Baptist Church

### Bill & Evelyn Martin Upper Room

3417 E. Martin Luther King, Jr. Blvd., Austin, TX 78721

**Saturday, July 21 from 10 am - 2 pm**

**ALL ARE WELCOME! FREE TO ATTEND! BREAKFAST AND LUNCH PROVIDED!**

***Please contact 512-241-0420 x10 or [vcardenas@txalz.org](mailto:vcardenas@txalz.org) to register!***

#### You will learn....

##### “Normal Aging/Not Normal Aging”

- What is normal aging? What changes should I look for? How do I react?
- How do you interact with someone with dementia?

##### Positive Physical Approach™ & Hand Under Hand™

- Learn how to do activities with the person you care for so they feel productive and valued
- Recognize and address unmet emotional and physical needs

##### Teepa's GEMS™; Using Skills that Make a Difference

- Develop an understanding of stages of dementia
- Learn how to communicate between caregiver and care receiver and techniques to promote independence

##### Communication Skills: Using Validation

- Learn a method of communicating with disoriented older adults that is built on an empathetic attitude and a holistic view of individuals that helps reduce stress, enhance dignity, and increase happiness.

#### Sponsored by:

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