

Alzheimer's Texas

MONTHLY NEWS

October

**ALZHEIMER'S
TEXAS PRESENTS**

CAREGIVER CONVERSATIONS

Hosted by
Joan Asseff, LCSW-S

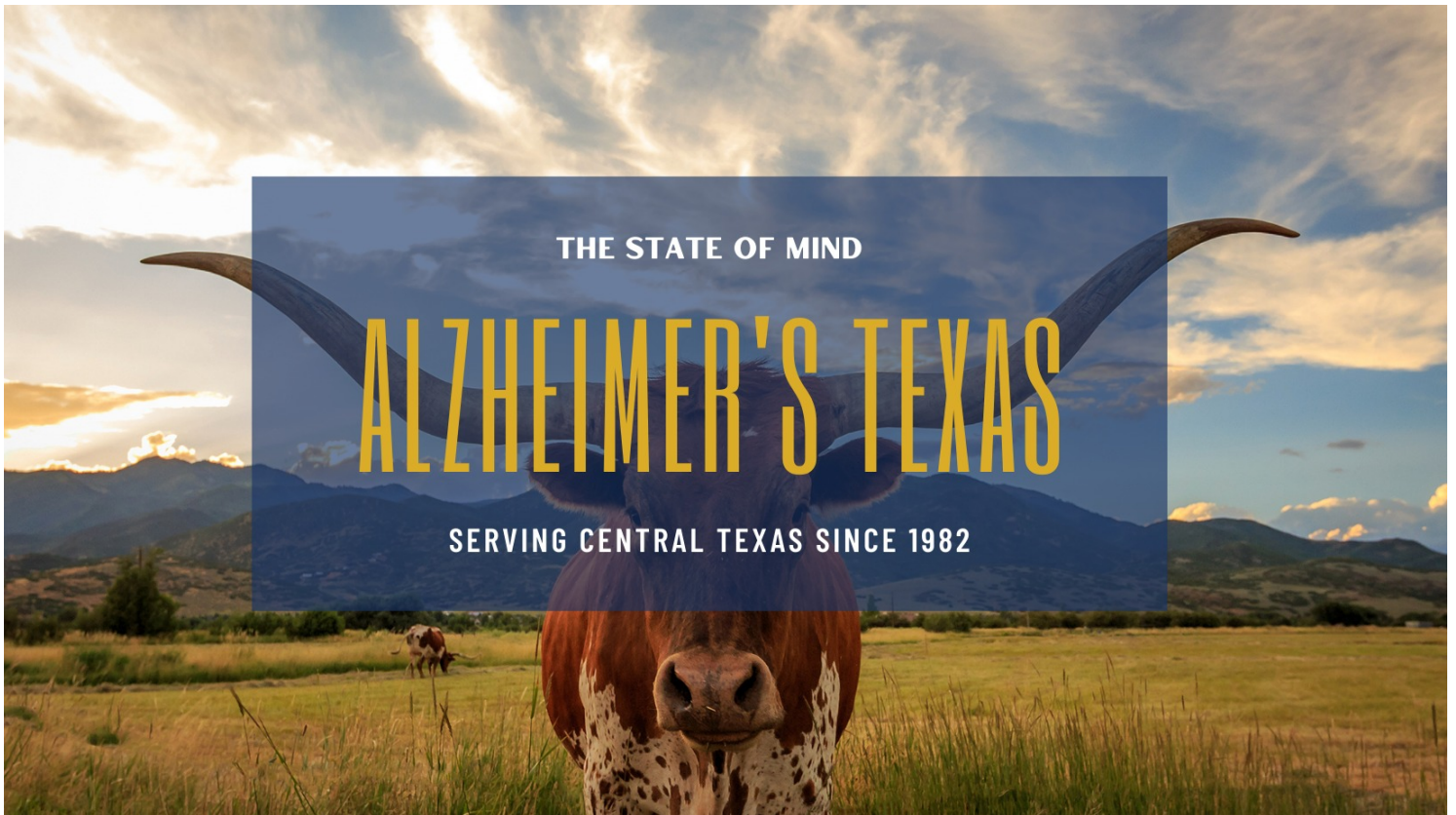
Join us Tuesday,
October 18th at 1:00 PM

Upcoming Caregiving Conversation

We had such a great turnout for our first meeting in our Caregiver Conversation series. Thank you to all who participated in our collaborative group discussion by sharing strategies, experiences, and insightful tips to

effectively cope with mood and behavioral symptoms related to Alzheimer's Disease and other dementias. We are excited to share our next **Caregiver Conversation topic: Coping with Anticipatory Grief**. The University of Texas Professor and clinical social worker, Joan Asseff, LCSW-S, will facilitate each Caregiver Conversations meeting, including relevant discussion questions to help attendees share experiences, barriers, strategies, and much more. Please register below for these supportive, solution-focused conversations about caring for their loved ones living with dementia. Registration space is limited, so register today for our next session on **Tuesday, October 18th, at 1:00 PM**.

RSVP Today!



Facebook Group

Are you an Alzheimer's Texas support group facilitator? If so, we are excited to share our Facebook Group for all facilitators to share resources, tips, and strategies. The Alzheimer's Texas Support and Respite Facebook Group aims to provide a productive, positive, and collaborative space for group facilitators and directors. We hope to provide an opportunity for sharing resources, guides, and questions through this community. Please email txprograms@txalz.org for more information.

Basic Communication Tips

One of the most persistent struggles for family and professional caregivers is communicating with a person suffering from dementia. As language and reasoning abilities decline, frustration, agitation, and arguments are more likely to arise. Here are some basic tips to remember when you interact with a person with dementia.

Please see below for these communication reminders on our blog.

Basic Communication Tips

Coping with Anticipatory Grief

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ALZHEIMER'S
TEXAS
THE STATE OF MIND

Joan Asseff, LCSW-S

Featured All About ALZ Presentation

We are excited to share this month's featured All About ALZ presentation: Coping with Anticipatory Grief. In this presentation, Joan Asseff, LCSW-S defines and discusses the social and emotional impacts of anticipatory grief. This presentation covers common experiences of anticipatory grief for caregivers of those living with dementia and adaptive coping strategies to support caregivers in this grieving process. This presentation is appropriate for caregivers and professionals who are looking for an introduction to anticipatory grief or would benefit from a review of this information.

These presentations provide excellent educational materials and additional resources for caregivers and support group facilitators. Please see below for the recording of this presentation.

Coping with Anticipatory Grief Recording

Tip: These are great resources to view and discuss during support group meetings. Each presentation also comes with additional research articles and materials to provide further learning opportunities.

Presentation Slides

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Alzheimer's Texas

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