



Know Better, Do Better

Weekly workshops in dementia care

We are excited to offer dementia education to help family caregivers and our whole community navigate the challenges of the dementia journey. **There is no cost**, but **registration is encouraged** for each session.

Thursday, April 6

9 a.m.–Noon

Understanding the Journey of Dementia

A three-hour workshop to explore dementia and its progression, learn to maintain meaningful connections and discuss ways to reduce stress.

Speaker: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Thursday, April 20

10–11:15 a.m.

Joining the Journey Discussion

We will review the latest version of our supportive guide with participants. Rich in details, the guide will spark discussion on which topics resonate the most with caregivers.

Speaker: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Thursday, April 13

Dementia Moments (optional)

9–10 a.m.

An experience that presses participants to perform some everyday tasks as if they were living with Alzheimer's or another dementia.

Accentuating the Positives

10–11:15 a.m.

Consider new approaches to caring for persons living with dementia that focus on their abilities.

Speaker: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Thursday, April 27

10–11:15 a.m.

Engagement in Meaningful Activities

Finding activities that provide sustained engagement without causing frustration can be challenging. In this session, our campus occupational therapist will provide activity ideas to help your person stay engaged, motivated and confident.

Speaker: Calli Carlson, OTR/L, CLT
Campus Occupational Therapist

Dementia Bytes

Thursdays, noon–12:45 p.m.

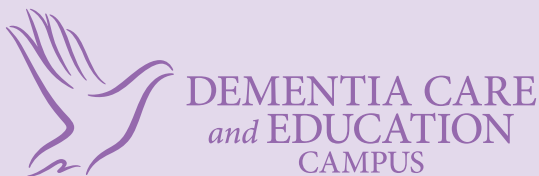
Can't make it to the in-person sessions? **Join us on Zoom** at noon for a 45-minute version of a similar topic each Thursday.

Format: 30 minutes of education, 15 minutes of moderated Q&A

Join Zoom meeting: <https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09>

Meeting ID: 874 8226 4963

Passcode: 401031



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dementiacampus.org

An innovation of Hospice of the Valley



Register:

Email events@dementiacampus.org

Call (602) 767-8300

*Each week, our professional caregivers
will prepare engaging activities
for your person with dementia
so that you can attend these sessions.*