

Helping Your Loved One Live Well With Dementia

Inspiration and Insights for Care Partners



Dementia-Friendly Communities
of Northern Colorado®

Part 1: Wednesday, November 28

4-5:30pm

Location: Windsong at Rock Creek; 3150 Rock Creek Drive, Fort Collins

How to create well-being for our loved ones living with cognitive impairment

WHY Counter-intuitive strategies make sense (SPECAL® Photograph Album explanation)

Triggers to anxiety which are often overlooked

3 Golden Rules and other concrete techniques for responding effectively in challenging situations

Part 2: Wednesday, December 5

4-5:30pm

Location: Windsong at Rock Creek; 3150 Rock Creek Drive, Fort Collins

How to use Dementia Passports for Life to promote well-being

Specific ways to re-connect emotionally and spiritually based on our loved ones' unique histories, personalities, love languages, and preferences

Managing transitions

Balancing safety with the dignity of risk

Class size limited. \$20 admission fee for each class collected with online registration or at the door. Cash, check, or credit. Light snacks provided. Call 970-213-4548 or email

*cluzin63@gmail.com or register at **DementiaFriendsNoCo.org**.*

Parts 3 and 4 WORKSHOPS for practicing skills to follow: Wed 1/9/19 4-5:30 pm, Wed 1/30/19 4-5:30, and repeat of Part 1 Wed 2/13 4-5:30 and Part 2 Tues 3/5 4-5:30 pm. Locations TBD.

Dementia-Friendly Communities of Northern Colorado® is a 501c3 nonprofit organization. We leverage and provide community resources, expertise, education, and activities to increase dementia-friendliness in our local communities.

All proceeds help sustain and grow the work we do.

Presenters: Cyndy Luzinski, Advanced Practice Nurse and Founder of

"Dementia-Friendly Communities of Northern Colorado®,"

and Jill Couch, Licensed Occupational Therapist, and owner of Better People Care LLC.