

Helping Your Loved One Live Well With Dementia

Inspiration and Insights for Care Partners



Part 1: Wednesday, February 13, 2019

4-5:30pm

Location: Aging Clinic of the Rockies; 151 W. Lake Street, Suite 1400, Fort Collins (corner of Prospect and College)

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

*Class size limited. **\$20 admission fee** for each class collected with online registration or at the door. Cash, check, or credit . Light snacks provided. Register at **DementiaFriendsNoCo.org**, or call 970-213-4548 or email cluzin63@gmail.com.*

Workshops to practice skills will follow in March, 2019. Dates to be determined.

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, Founder, and Executive Director of "Dementia-Friendly Communities of Northern Colorado®," and Jill Couch, Licensed Occupational Therapist, and owner of Better People Care LLC.