
https://www.laconiadailysun.com/community/health_and_wellness/is-it-forgetfulness-or-dementia/article_2cc9d396-65db-11e9-a905-e349588cbf0c.html

Is it forgetfulness or dementia?

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FRANKLIN — The Peabody Home will be offering a free Caregiver Survival Workshop on Tuesday evenings, 6-7:30 p.m., on April 30, May 7, 14, 21, and 28, and June 4, at 24 Peabody Place in Franklin.

The workshops are open to anyone interested in and/or caring for someone with dementia. The classes will include information, tips to deal with common difficulties, and time to ask questions and/or share experiences.

There are six sessions and, while participants do not need to attend each one, they do build upon one another.



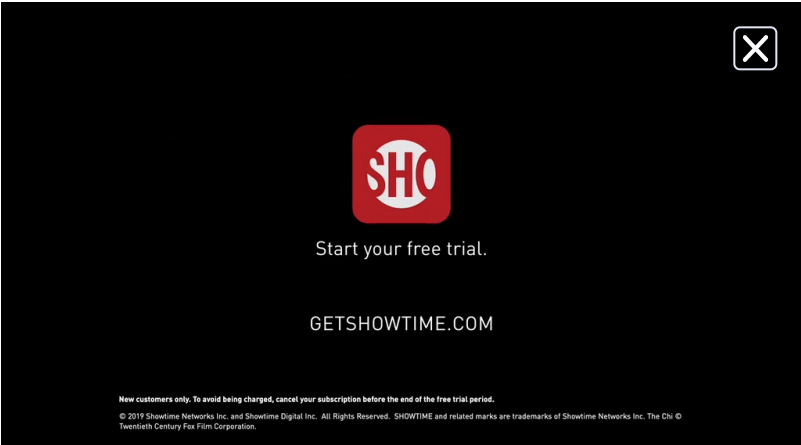
Session 1 is Exploring Dementia: Let's Hear What the Experts Say. Session 2 — The Dance of the Caregiver Caring for the Person with Dementia: You Are In This Together. Session 3 — Stages of Dementia (Early): I Feel Lost, Am I Losing Myself? Session 4 — Stages of Dementia (Mid):

Communication Is Falling Apart. Session 5 — Stages of Dementia (Late): I Can't Do It Anymore; He Doesn't Recognize Me. Session 6 — Living with Dementia: Finding Moments of Joy, Dying With Dementia; Let Me Go.


Attendees will have access to a list of several resources for more information, along with access to the Caregiver Survival Guide from the Care Blazers, a better understanding of what to expect, and tools to help caregivers cope and be more effective as the disease progresses.

Cheryl Barnes, RN, a certified dementia practitioner and certified Alzheimer's disease and dementia care trainer, will facilitate the workshops. She has nearly 40 years' experience in geriatrics and dementia.

For more information, visit www.peabodyhome.org/single-post/Dementia-Course. To register, call Teresa at 603-934-3718.



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