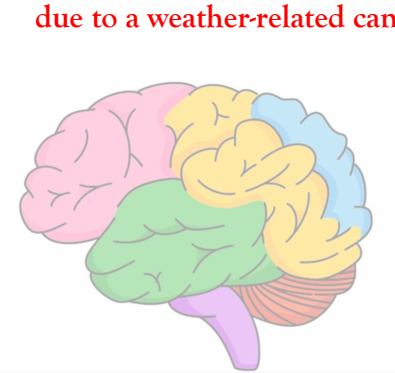


# Dementia Basics

Join the Family Caregivers Center for an eight week series exploring dementia basics! Come for one class or all to learn about dementia and how to support someone living with dementia. Classes will be facilitated by Center staff Abby Weirather, Manager, and Becky Krapfl, Caregiver Engagement Facilitator. This series is open to caregivers, volunteers, and the larger community. **See the updated schedule below due to a weather-related cancellation on April 16.**



**Tuesdays, April 9 to June 4  
2 to 3:30 p.m.**

**DeWolf Innovation Center  
9000 C Ave NE, Cedar Rapids**

## **April 9: Dementia Basics**

Explore dementia facts including types, stages, and the process of diagnosis.

## **April 23: Caregiving for Dementia**

Learn caregiving roles involved in caring for a person living with dementia and how to cope as roles and responsibilities change over time.

## **April 30: Providing Day to Day Care**

Discuss what to expect in supporting someone living with dementia. Learn tips to improve communication

## **May 7: Mood & Behavior**

Explore common reactive behaviors and what the reactions may be communicating. Learn tips to manage mood.

## **May 14: Planning for the Future**

Learn about the importance of planning for the future and explore what is needed to get “ducks in a row.”

## **May 21: Managing Transitions**

Learn clues that additional assistance may be needed, learn helpful resources and how to manage transitions when needed.

## **May 28: Grief & Loss**

Explore types of grief and loss associated with dementia. Discuss coping strategies and how to build a legacy.

## **June 4: Panel and Q&A**

Hear from a panel of caregivers and people living with dementia. Ask questions and listen to answers.

**Registration is required by the Monday prior to each class.**

**To register, please contact the Center at (319) 221-8866 or email [fccg@mercyare.org](mailto:fccg@mercyare.org). Caregiving assistance will be available**