

Dementia Education

Group Classes for Family Caregivers



Hope Hospice aims to meet the growing demand for dementia-care education through our Living With Dementia program. Our certified dementia specialists conduct free presentations for friends and family members who care for a person living with dementia. To schedule a presentation for your private group, contact Gia Barsell at gjab@hopehospice.com or (925) 829-8770. We also offer these topics as webinars that are open to the general public; learn more at HopeHospice.com/dementia.

Topics for Family Caregivers

Dementia Basics

Since dementia dramatically changes how individuals think, perceive, communicate, and behave, caring for a loved one with dementia presents unique challenges. This class explores the nature and progression of dementia and the various diseases and conditions that can produce its symptoms.

Behaviors as Communication

As the conditions that cause dementia progress, communication becomes challenged and the person living with dementia increasingly uses behaviors to express needs. This class helps family caregivers gain an understanding of how to assess, interpret, and respond to dementia-related behaviors in a manner that can improve communication and promote meaningful connections.

Managing Daily Care

With the goal of enhancing the overall well-being of all involved, this class presents strategies for planning daily activities such as dressing, dining, personal hygiene, and exercising, as well as social and leisure activities.

Dementia Versus Normal Aging

Have you ever worried whether some of the memory challenges you or a loved one are experiencing are “normal?” As we age, our brains and our bodies undergo changes. We may experience instances where we process information more slowly, or we may have trouble recalling names or dates; these can be examples of typical age-related changes. This class looks at differences between simple signs of aging versus changes that might indicate a doctor’s evaluation is needed.

A New Dementia Diagnosis — Now What?

Hearing a doctor confirm that the memory issues you (or a loved one) have been experiencing are, in fact, early symptoms of dementia would understandably be cause for concern. While it may only be natural to think about the worst-case scenario, receiving a dementia diagnosis early on is actually a good thing—it gives you and your family more time to plan for the challenges that lie ahead. This class offers resources and strategies to help families prepare for the inevitable changes that a dementia diagnosis will bring.

FACILITATOR



GIA BARSELL is the Manager of Dementia Services and Community Education at Hope Hospice. She is certified through the Teepa Snow organization as an Advanced Consultant and Trainer.

ABOUT HOPE HOSPICE

Hope is a 501(c)(3) non-profit organization that has served the Tri-Valley and adjacent East Bay cities since 1980. To learn more about our services or to make a tax-deductible donation, visit HopeHospice.com. To reach us by phone, call (925) 829-8770 on weekdays, 9 a.m.–5 p.m.