

# Dementia Support Group

A free community program for family members who care for a loved one living with dementia



Do you care for a loved one who has been diagnosed with Alzheimer's Disease or a related dementia? Are you looking for education and emotional support? You are not alone. People living with dementia are not the only ones struggling with their disease. Often, it is the family members who battle frustration and stress as they watch their loved one progressively lose their faculties, cognition, and ability to engage. Hope Hospice is here to support you by facilitating a conversation group for those who care for a family member living with dementia.

## What to Expect

- ✓ Meet others who have a shared experience.
- ✓ Learn how dementia affects the brain and body.
- ✓ Learn care tactics that improve the quality of life for your loved one.

## Dates and Times

The support group meets once per week for 10 weeks. The exact dates and time will be decided according to what works best for the individuals who sign up. If the timing is not right for your schedule, we will add you to the interest list for the next group that forms.

## It's Free!

There is no cost to participate. Hope Hospice's dementia education and family caregiver programs are possible thanks to generous donations from the community.

## How to Join

At this time, our support groups are held over Zoom video conference, which requires a computer and Internet access. Smartphones may be used, but the small screen format is not ideal. Please register in advance to obtain logon credentials. Email your registration request to facilitator Gia Barsell at [giab@hopehospice.com](mailto:giab@hopehospice.com). Questions? Call Hope Hospice at (925) 829-8770 on weekdays, 9 a.m.-5 p.m.

## Common Care Challenges

*In group, we will talk about what causes these challenges and some care tactics that may help reduce their severity.*

- ✓ Sundowning, a term used to describe a worsening of agitation, confusion, and anxiety in the late afternoon or evening.
- ✓ Wandering.
- ✓ Aggression toward the care provider.
- ✓ Refusal of food and personal care.
- ✓ Paranoia or hallucinations.
- ✓ Loss of verbal ability, which leads to communication problems.

## 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. She has been with Hope for over 8 years in various capacities.

## 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](http://HopeHospice.com). To reach us by phone, call (925) 829-8770 on weekdays, 9 a.m.-5 p.m.