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**ALZHEIMER’S & DEMENTIA CAREGIVER WORKSHOPS OFFERED IN AMERICAN CANYON
PRESENTED BY COLLABRIA CARE**

In 2015, the American Association of Retired Persons (AARP) conducted a comprehensive study on caregiving in the United States. Among the aspects studied was the physical, emotional and financial strain that caregivers experience in an ongoing way. The results were sobering:

- 71 % of caregivers experienced some physical strain; 19% of those were “highly strained”
- 83% of caregivers experienced some emotional stress; 38% of those were “highly stressed.”
- 60% of caregivers experienced some financial strain; 18% of those were “highly strained”

In Napa County, since we have disproportionately more seniors than other regions, these statistics are probably higher. Additionally, caregivers are inclined to experience fatigue, isolation and depression, especially when their loved one is experiencing Alzheimer’s disease or related dementias.

Collabria Care, formerly Napa Valley Hospice & Adult Day Services, is dedicated to providing support and resources for caregivers across the county, usually in the form of ongoing support groups and specialized, hands-on workshops.

These are the community events currently scheduled for 2017:

ONGOING CAREGIVER SUPPORT GROUPS

Napa Location: At Collabria Care, 414 South Jefferson Street, Napa

1st Thursday of each month (Respite available) 1:00 p.m. to 3:00 p.m.

3rd Wednesday of every month, 5:30 p.m.to 7:00 p.m.

Saint Helena Location: Rianda House, 1475 Main Street, Saint Helena

1st Thursday of every month, 3:00 p.m. to 4:30 p.m.

3rd Thursday of every month, 3:00 p.m. to 4:30 p.m.

Napa Off-Site Location: The Meadows of Napa Valley, 2000 Atrium Parkway, Napa

2nd Thursday of every month, 1:00 p.m. to 2:30 p.m.

These support groups are a free community service, offered in partnership with Redwood Caregiver Resource Center and the Alzheimer's Association. Drop-ins welcome, however respite must be pre-arranged.

ALZHEIMER'S & DEMENTIA CAREGIVER WORKSHOPS AMERICAN CANYON SERIES

Location: American Canyon Library, 300 Crawford Way, American Canyon

A special series for caregivers with loved ones who have moderate to advanced Alzheimer's disease, or related dementia

Thursday, July 27, 1:00 to 2:30 p.m.: Mente Saludable (Brain Health)

How to transform your home environment into a safe, therapeutic setting for loved ones with disabilities or dementia. **(Delivered in Spanish)**

Thursday, August 24, 1:00 to 2:30 p.m.: Normal Aging Vs Dementia

Learn about what memory changes are normal as we age. Enhance your ability to identify normal compared to abnormal memory changes, and how they are expressed in behavior.

Thursday, September 28, 1:00 to 2:30 p.m.: Learning to speak Alzheimer's Part 1

Understand the old versus the new culture in learning to effectively communicate with people with dementia. Learn the six domains of Person-Centered Care and how this can improve the quality of life of the person with the diagnosis and the caregiver.

Thursday, October 26, 1:00 to 2:30 p.m.: Learning to speak Alzheimer's Part 2

Part 2 builds on the knowledge gained in Part 1 while building the tools and techniques necessary to connect and communicate with the dementia patient.

"LUNCH & LEARN" SERIES ALZHEIMER'S & DEMENTIA CAREGIVER WORKSHOPS

CITY of NAPA

Location: Collabria Care, 414 South Jefferson Street, Napa

A special series for caregivers with loved ones who have moderate to advanced Alzheimer's disease, or related dementia

Wednesday, July 26, 5:30 to 7:00 p.m.: Mente Saludable (Brain Health)

How to transform your home environment into a safe, therapeutic setting for loved ones with disabilities or dementia. **(Delivered in Spanish)**

Wednesday, August 23, 1:00 to 2:30 p.m.: Normal Aging Vs Dementia

Learn about what memory changes are normal as we age. Enhance your ability to identify normal compared to abnormal memory changes, and how they are expressed in behavior. Lunch included.

Wednesday, September 27, 1:00 to 2:30 p.m.: Learning to speak Alzheimer's Part 1

Understand the old versus the new culture in learning to effectively communicate with people with dementia. Learn the six domains of Person-Centered Care and how this can improve the quality of life of the person with the diagnosis and the caregiver. Lunch included.

Wednesday, October 25, 1:00 to 2:30 p.m.: Learning to speak Alzheimer's Part 2

Part 2 builds on the knowledge gained in Part 1 while building the tools and techniques necessary to connect and communicate with the dementia patient. Lunch included.

ALS WORKSHOP SERIES

Location: Collabria Care, 414 South Jefferson Street, Napa.

Wednesday, July 26, 1:00 to 3:00 p.m.

Solutions in the home to make life easier for individuals living with ALS and for their caregivers.

SAFE AT HOME: A WORKSHOP FOR CAREGIVERS

Location: Collabria Care, 414 South Jefferson Street, Napa

Thursday, August 24, 10:00 a.m. to 3:00 p.m.

This workshop shows how to transform your home environment into a safe, therapeutic setting for a senior family member or loved one. The content is appropriate for those with a healthy senior in residence who may want to reduce risks of accident in the home, or for caregivers of seniors with disabilities or dementia.

COMMUNITY CONVERSATIONS

Location: Collabria Care, 414 South Jefferson Street, Napa.

Wednesday, September 19, 5:30 to 7:00 p.m.

Enjoy Cooking for One or Two with Chef Greg Cole

TEEPA SNOW EVENT

Location: Lincoln Theater, Yountville.

Thursday, December 7, 2017

Dementia: Transforming the Journey. Get ready for a day of innovative learning through a series of vignettes and live performance! Starring world renowned dementia-care expert, Teepa Snow.

RSVP: Alzheimer's Association at 707.573.1210

REGISTRATION FOR WORKSHOPS

Unless otherwise noted, to register for a workshop or for additional information, please contact 707.258.9087 x 272 or healthedcoordinator@collabriacare.org

COLLABRIA CARE OFFERS FREE FAMILY CONSULTATIONS

It is not unusual for caregivers to feel overwhelmed when faced with a loved one with Alzheimer's disease, dementia or other serious illness. We encourage caregivers and other family members to call us to arrange a free family consultation so we can identify ways to assist. You will receive:

- *No cost family consultations to those who have a diagnosis of Alzheimer's or other forms of dementia or serious illness.*
- *Consultations led a licensed social worker.*
- *Available on site, in the caregiver's home by conference call*

As part of the consultations families gain:

- *An understanding of the disease and what to expect*
- *Tips and tools to ensure safety, improve communication, and manage challenging behaviors*
- *Referrals to other experts as needed*

For more information, or to arrange a family consultation, visit <http://collabriacare.org> or call (707) 258-9080.

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