



## ***Cultivating “The Knack” in Alzheimer’s Caregiving***

### **Being Together, Working Together, Playing Together – The Importance of Meaningful Activities**

Persons with Alzheimer’s disease and other dementias still have a desire to stay busy, to be productive, to have a sense of control and to enjoy some level of activity. Purpose and meaning are tied to the all the things we do in our daily lives.

A rich variety of activities allows the person to feel involved, included, to be with others, to have a sense of control and success, to play, to build or retain skills and also to fulfill religious and spiritual needs. When the person you are caring for is busy, involved and included, it can help reduce wandering, agitation and other challenging behaviors.

Explore elements of the Best Friends Principles of Activities and learn to employ meaningful activities to enrich your interactions with the person for whom you are caring.

*This one and a half hour workshop is designed for caregivers and staff at long term care facilities, adult foster care providers, in-home care providers and family caregivers.*

**Monday, August 30 2:00pm to 3:30pm**

**Washington Outpatient Center Conference Room A**

**1505 NW Washington Boulevard, Grants Pass**

*(parking is available in the parking lot off Midland )*

**Registration fee: \$15.00 per person**

*(registration fee benefits UCAN/RSVP’s projects and services in Josephine County)*

***Fee includes handouts, certificate of completion and 1.5 educational credit units for  
Adult Foster Care providers***

**Space is limited. Please call 541-956-4472 to reserve your place.**

Next session in the **Cultivating “The Knack” in Alzheimer’s Caregiving** series: Nutrition and Eating Issues – Replenishing Energy to Maintain Health and Activity, Monday, September 27, 2:00pm to 3:30pm