

## Home Hospice North Lanark Presents a Free Public Education Event: Understanding Dementia & Advance Care Planning

Please register soon if you'd like to attend this informative evening.

**Thursday, May 25, 2023**

**6:00 p.m. to 7:30 p.m.**

**Understanding Dementia** — what is it, what to look for, and how to help. We'll help you learn coping strategies. When Alzheimer's or dementia enters your life, life as we know it will never be quite the same ever again, for both the individual diagnosed and for that person's loved ones and caregivers. The more we understand about this illness the better able we will be able to cope.

**A public education event**

• **Understanding Dementia** •  
• **Advance Care Planning** •

<b>Understanding Dementia</b> 6:00 p.m. to 7:30 p.m. Presented by the Alzheimer's Society. What is it, what to look for, and how to help. We'll help you learn coping strategies.	<b>Advance Care Planning</b> 7:45 p.m. to 9:00 p.m. Presented by Home Hospice North Lanark. ACP is a process that encourages thinking and talking about your wishes for future health and personal care.
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Thursday, May 25, 2023  
Carleton Place Public Library  
101 Beckwith St, Carleton Place

**FREE SESSION**

Please register by May 18, 2023,  
by emailing [emily@hhnl.ca](mailto:emily@hhnl.ca)  
or calling 613-406-7020  
Maximum attendance: 20

Alzheimer Society  
Advance Care Planning  
Planification préalable des soins  
CANADA

Home Hospice  
North Lanark

Robin Hull, Education and Support Coordinator with the Alzheimer Society Lanark Leeds Grenville will share lots of good information in the first half of this evening session.

**7:45 to 9:00 p.m.**

**Advance Care Planning (ACP)** is a process that encourages thinking and talking about your wishes for future health and personal care. By working through your wishes with your family or friends, you can explain to others what is important to you. This can be especially important should you find yourself ill and unable to communicate. Thanks to the Canadian Hospice Palliative Care Association, an Advance Care Planning kit assists Canadians with planning their emergency and end-of-life health care wishes.

Two of our experienced facilitators will host this half of the evening.

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**Registration:** call 613-406-7020 or email [emily@hhnl.ca](mailto:emily@hhnl.ca)

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