

Are you a caregiver for someone with dementia or other cognitive impairment?

Date:

Tuesday, June 4 and
Wednesday, June 5, 2024
from 9:00 a.m. to noon

Location:

Almonte Legion upstairs,
100 Bridge Street

Registration:

Sidney Thomson
613-253-6980 or
programsupport@hhnl.ca

Registration deadline:

Tuesday, May 29, 2024

Maximum attendance: 15



The flyer features the Alzheimer Society logo at the top, a photo of an elderly couple, and the U-First! logo. A green circle on the right says 'Registration is FREE'. The text describes the program as an innovative education program for caregivers. It lists the dates and times: Tuesday, June 4 & Wednesday, June 5, 2024, from 9:00 a.m. to noon. The location is the Almonte Legion upstairs hall. Contact information for Sidney Thomson is provided, along with a registration deadline of Tuesday, May 29, and a maximum attendance of 20. The program is hosted in-person in two 3-hour sessions. The course is presented by Home Hospice North Lanark.

Are you a caregiver for someone with dementia or other cognitive impairment?

U-First!® is an innovative education program for all members of the care team who are supporting people with behaviour changes due to dementia or other cognitive impairments. This includes healthcare providers in a direct care role and care partners (family and friends). The U-First framework is a person-centred approach to looking at the whole person.

This program, designed by the Alzheimer Society, is being offered by Robin Hull, Education Coordinator, Alzheimer Society Lanark Leeds Grenville. The program will be delivered in two, three-hour sessions and is offered for free.

This training will help caregivers understand the person and associated behaviour changes, and how to work as a team to develop individualized support strategies.

The program will help you:

- Understand that there can be many reasons why you might see behaviour changes in the person;
- Flag the possible changes that you may see when you are supporting the person;
- Interact in a new way with both skill and a common understanding of dementia and other cognitive impairments;
- Reflect and report on not only new behaviours you may see in the person you are supporting but also share your strategies and tips with the team.

- Support the person and their care partners in everyday activities.
- Know that you are part of an important Team in caring for the person.