

# SECOND ANNUAL DEMENTIA CAREGIVING ESSENTIALS

A half-day caregiver forum for inspiration, education, and support



## PRESENTED BY:

alzheimer's  
association



THE OUTDOOR ART CLUB



The **Alzheimer's Association**, in partnership with the **The Outdoor Art Club**, and **Marin General Hospital**, presents its second annual education forum. Dementia Caregiving Essentials is a half-day caregiver mini-forum for family members and professionals that offers insight into Alzheimer's disease and related dementias and caregiver strategies.

**WEDNESDAY, APRIL 24, 2019**

**9:30 A.M. TO 1:30 P.M.**

**The Outdoor Art Club**

**One West Blithedale, Mill Valley, CA**

## AGENDA

9– 9:30 a.m.

Check-In Registration

9:30 – 9:40 a.m.

Welcome

9:40 – 10:50 a.m.

**Assessment and Management of  
Cognitive Impairment**

10:50 – 11 a.m.

Break

11 – 11:45 a.m.

**If I Only Knew Then What I Know Now:  
Caregivers Sharing Experiences**

11:45a.m. – 12:05 p.m.

Lunch

12:05 – 12:35 p.m.

**Self-Care for the Caregiver**

12:35– 1:30 p.m.

**Effective Communication Strategies**

1:30 p.m.

Closing Remarks and Evaluations

**Box Lunch will be served**

The program is free but advanced registration is required.

Call 800.272.3900 to register. For more information, call 415.472.4340.

**Register Early. Attendance is limited to 150 people maximum.**