

## Who is a Caregiver?

Everyone can be placed into one of four categories:

- Those who are caregivers
- Those who will be caregivers
- Those who have been caregivers
- Those who will need caregivers

*Rosalynn Carter*

Caregivers must take care of themselves in order to do the best job they can for their loved ones. Support and education to the caregiver is part of the ADS mission.

Therefore, Alzheimer's & Dementia Services of Memphis, Inc., offers these classes to caregivers so they can

- ◇ feel good about the care they give their loved ones,
- ◇ better understand the disease, and
- ◇ know that they do not have to travel this way alone.



**Alzheimer's &  
Dementia Services**  
of Memphis, Inc.

**Compassionate Care and Support**

### **Kennedy Park**

4585 Raleigh LaGrange Road  
Memphis, TN 38128

### **Dorothy's Place**

3185 Hickory Hill Road  
Memphis, TN 38115

### **Third Center coming in 2018**

448 North Watkins  
Memphis, TN 38104

The mission of the Alzheimer's & Dementia Services of Memphis, Inc. is to provide safe, stimulating day programs for those living with Alzheimer's or related disorders and to provide support, education and relief to the caregivers and families.

Phone: 901-372-4585

Fax: 901-370-5642

[www.adsmemphis.org](http://www.adsmemphis.org)

## Educational Opportunities

For families,  
groups,  
professionals



**Presented by**



**Alzheimer's &  
Dementia Services**  
of Memphis, Inc.

901-372-4585

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## Caregiving 101—Caring for Persons with Dementia

Caregiving can be overwhelming.



This series of six one-hour presentations will deal with specific caregiving struggles and joys.

**101-1 What is Dementia?**

**101-2 How Do I Communicate with a Person with Dementia?**

**101-3 How Can I Help with the Activities of Daily Living?**

**101-4 How Can I Do Activities that will be Meaningful and Help my Loved One?**

**101-5 How Do I Deal with Agitation, Aggression, and Catastrophic Behaviors?**

**101-6 What are Some Tools to Survive Caregiving?**

***Don't have time for all six parts?***

Each one is an independent module and can be tailored to your audience. Give us a call to learn more about these educational modules.

***What do you need?***

ADS will customize a training module for your specific needs. Like "Home for the Holidays", "You are Wearing that Again?", etc. Give us your topic and we will work together to have an informative session.

## Dementia Experience

The Dementia Experience will change forever the way that staff and caregivers work with dementia clients!

Alzheimer's & Dementia Services of Memphis, Inc. first presented this experience event in 2006. From that experience ADS developed this workshop to present to professional and family caregivers. It simulates dementia conditions to help caregivers experience the realities of dementia. There is a \$10 fee or wish list donation per person to cover the costs. Individual Certificates of Attendance and group results will be furnished to the organization. There are two formats for this workshop:

- ◇ lecture with some hands-on (total 1 ½ hours)
- ◇ all hands-on (takes 30 minutes per participant with 20 per hour)

Most workshop participants reported that they came away from the experience with a much greater understanding of the challenges faced daily by persons with Alzheimer's or related disorders.

## CareLines

ADS publishes a monthly educational newsletter that includes helpful caregiving tips. Sign up for this free newsletter made possible by Aging Commission of the Mid-South.

Please sign up to learn more about these educational opportunities or schedule a training in your community?

Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Caregiving 101

\_\_\_\_\_ Dementia Experience

\_\_\_\_\_ CareLines

Mail information request to

Educational Opportunities  
Alzheimer's & Dementia Services of Memphis, Inc.  
3185 Hickory Hill Road  
Memphis, TN 38115-2533

For more information about the educational opportunities provided by ADS, contact J. J. Doughtie at 901-372-4585 or [jdoughtie@adsmemphis.org](mailto:jdoughtie@adsmemphis.org)

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