



Kaiser Permanente, Department of Geriatric Medicine  
and  
Redwood Caregiver Resource Center  
A Program of North Coast Opportunities

Present:

Monthly training opportunities for family members and professionals



**Facilitator:** Alexis Glidewell, LCSW

If you're looking at the flyers on the computer, mobile phone, or tablet, just click where it says 'REGISTER NOW' to sign up.

If you have a **paper flyer**, you can register by calling Amie Huynh at 707-582-2329 or sending her an email at [axh@redwoodcrc.org](mailto:axh@redwoodcrc.org)

**Louie, Louie: A Portrait in Parkinson's, Early Onset Memory Loss:**

Conversations with Letty Tennis, and Living After Stroke: Conversations With Couples—These films explore the experiences of families living with the after effects of different types of dementing illnesses and discuss issues that are common across diagnoses as well as disease-specific challenges.

Discussion: Understanding how challenges may manifest differently depending on a person's diagnosis, identifying family caregiving challenges that transcend diagnoses

**Feb 4, 2024 (1:30pm - 3:30pm)**

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**Caregiver 101**

For the family members or caregivers of patients with the diagnosis of dementia. Discussion: Strategies for dealing with dementia associated symptoms and the importance of advanced planning.

**(1:30pm -3:30pm)**

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**Communicating With Moderately and Severely Confused Older Adults**

These video clips demonstrate specific communication strategies and techniques that allow for connection with a cognitively-impaired person, regardless of the content of the conversation.

Discussion: Adjusting the way we approach communication in the context of a dementia diagnosis, why logic and reasoning won't work, how to get "a foot in the door" This video introduces coping strategies for accommodating challenging dementia-related behaviors, including

**March 4, 2025 (1:30pm- 3:30 pm)**

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**Video: Managing and Understanding Behavior Problems in Alzheimer's Disease and Related Disorders**

This video introduces coping strategies for accommodating challenging dementia-related behaviors, including The ABC approach. This approach identifies where caregivers have control and where they do not and can help frustrated caregivers gain a sense of empowerment.

Discussion: Shifting the goal from stopping challenging behaviors from starting to accommodating them, viewing all behavior as an attempt to fill an unmet need, becoming a "detective" to identify needs that difficult behaviors may be seeking to fill, noticing environmental triggers to behavior, practicing the ABC approach to managing difficult behaviors 3rd Tuesday of Each Month

**April 1, 2025 (1:30pm- 3:30 pm)**

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