



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

**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".

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

[REGISTER NOW](#)

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)

**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.

**3rd Tuesday of Each Month (1:30pm -3:30pm)**

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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

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

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**Video: Bathing Without a Battle and Mouth Care without a battle**

These films demonstrate helpful strategies for minimizing fear and resistance to help with areas of personal care, including bathing and mouth care.

Discussion: Understanding the root -causes of resistant behaviors, anticipating and minimizing predictable triggers for fear and resistance, setting realistic expectations for both then care receiver and the caregiver.

**May 6, 2025 (1:30pm- 3:30pm)**

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