DEMENTIA EDUCATION AND SUPPORT WORKSHOP FOR FAMILY CAREGIVERS

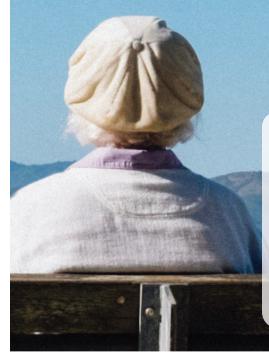
Friday, December 20, 2019 9 am to 3 pm

THIS WORKSHOP WILL BE GIVEN IN ENGLISH. PLEASE BRING YOUR LUNCH.

McGill University's **Division of Geriatric Medicine** and the **Steinberg Centre for Simulation and Interactive Learning** are working in collaboration with Alzheimer's Care Consultant and Facilitator **Claire Webster** to offer a community workshop that aims to educate and support caregivers who are looking after a family member with Alzheimer's disease or a dementia-related illness. The workshop will be taught by a dedicated group of health care professionals including a geriatrician, an occupational therapist or physiotherapist, a former caregiver, and a representative from the Quebec Health and Social Services network.

This workshop will:

- focus on the most important elements that caregivers need to know regarding dementia and its associated behavioural and psychological symptoms;
- help family members prepare themselves for the journey of caring for someone who has the disease, including best practices for ensuring their own well-being as caregivers;
- simulate a real-life scenario to educate caregivers on how to create a safe home environment.



Through education and empowerment, this workshop will help support caregivers and provide them with the necessary resources to turn to in the community for support.

TO REGISTER AND FOR MORE INFORMATION: 514-398-4175 | www.mcgill.ca/medsimcentre

Steinberg Centre for Simulation and Interactive Learning 3575 Parc Avenue, Suite 5640, Montreal, Quebec H2X 3P9

Cost: \$50

Thanks to the generous support of our donors, the Amelia & Lino Saputo Jr. Foundation and Mrs. Elise Boer, we are able to offer this valuable workshop for a minimal registration fee of \$50.



Division of **Geriatric Medicine**



STEINBERG Centre for simulation and Interactive learning

