

SPECIAL WORKSHOP FOR THE CITIZENS OF WESTMOUNT DEMENTIA EDUCATION AND SUPPORT WORKSHOP FOR FAMILY CAREGIVERS

Friday, September 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 the City of Westmount, we are able to offer this valuable workshop for a minimal registration fee of \$50.



McGill

Division of
Geriatric Medicine



STEINBERG
CENTRE FOR SIMULATION AND
INTERACTIVE LEARNING



caregivercrosswalk