

# CARERS

Coaching . Advocacy . Respite . Education . Relationship . Simulation

## Spouses of a person living with dementia

### Program Details:

- Focuses on **practical skills and emotional supports** needed to care for people living with dementia
- Teaches **problem solving techniques**, a structured approach to address problems
- Coaches care partners in **communication skills** through the **use of simulation**
- Provides strategies for keeping a **meaningful relationship** with the person living with dementia

CARERS runs for 8 weekly sessions of 2 hours per session and is intended for care partners of people living with dementia.

For more information:



1-800-565-4614 ext. 307 or 413



[www.alzda.ca](http://www.alzda.ca)