



# CAREGIVER ESSENTIALS

## *Education Series: Overview*

Join us for a new education series to learn more about Alzheimer's disease, dementia, and other memory impairments and build your skills as a caregiver! Learn more about normal aging and signs of dementia, tips for better communication with someone with the disease, and local resources that are available to help.

Come for one session or the whole series!

- Sep 24** Survival Tips for Caregivers
- Oct 22** Normal Aging versus Dementia
- Nov 26** Dementia 101
- Jan 28** A Person-Centered Approach to Care
- Feb 25** Enhancing Communication with a Loved One
- Mar 25** Are They Doing That on Purpose:  
Understanding Behaviors
- Apr 22** Planning for Successful Transitions
- May 20** Where to Turn for Help

### Presenter



#### **Lindsey Vajpeyi, Insight Memory Care Center**

Lindsey has worked to provide quality educational programs to the community, and provide support, resources, and education to those in need. She currently holds an Activity Director Certification, EssentiALZ Dementia Advanced Care certification, and a Master Trainer certification with the Best Friends Approach to Dementia Care. She is the Director of Education and Outreach at Insight Memory Care Center, a nonprofit adult day health and resource center.

These programs are co-hosted by Insight Memory Care Center, Prince of Peace Lutheran Church, and The Springfield Parkinson's Disease and Care Partner Group.

### DETAILS

Classes will be held from 12:30 to 2:30 pm, with a light, healthy lunch served beforehand at 12:00 noon. A free will donation will be accepted for lunch.



**PRINCE OF PEACE**  
CHURCH & SCHOOL

### LOCATION

Prince of Peace Lutheran Church  
8304 Old Keene Mill Road  
Springfield, VA 22152

### QUESTIONS?

Please contact Stacey Crosson, Minister of Care and Outreach, at [stacey.crosson@poplc.org](mailto:stacey.crosson@poplc.org) or 703-451-5855.



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## Education Series: Class Details

### Survival Tips for Caregivers

*Monday, September 24 from 12:30 to 2:30 pm*

A caregiver's needs are always at the bottom of the list. Learn more about the impact of caregiving, while also developing strategies for self-care, ways to deal with stress and how to maintain a healthy lifestyle and take care of yourself!

### Normal Aging versus Dementia

*Monday, October 22 from 12:30 to 2:30 pm*

Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia or memory impairment.

### Dementia 101

*Monday, November 26 from 12:30 to 2:30 pm*

Learn the basics of dementia, including Alzheimer's disease and other dementias. While not everyone travels the same path, come and learn about the general stages to help you anticipate future changes.

### A Person Centered Approach to Care

*Monday, January 28, 12:30 to 2:30 pm*

How can you reconnect with someone with dementia? Keeping their current abilities in mind, learn ways to keep your loved one engaged in personalized activities.

### Enhancing Communication with a Loved One

*Monday, February 25, 12:30 to 2:30 pm*

Communication, both expressive and receptive, often becomes difficult as you struggle to meet the needs of your loved one. Learn some communication skills that can help ease the frustration and lead to successful interactions.

### Are They Doing That on Purpose?

*Monday, March 25, 12:30 to 2:30 pm*

For those with memory impairments, sometimes the only form of communication provided is through behavior, both positive and negative. Come and learn strategies for communication and dealing with difficult behaviors.

### Planning for Successful Transitions

*Monday, April 22, 12:30 to 2:30 pm*

Although the goal for many people is to stay at home for as long as possible, there may come a day when this isn't realistic or safe. Learn about ways you can plan for a successful transition for your loved one.

### Where to Turn for Help

*Monday, May 20, 12:30 to 2:30 pm*

You are not alone. A multitude of services are available right here in Fairfax County! Learn about what's available and how to access services and resources for your family.