

Classes offered the **Third Wednesday** of the month!

Normal Aging versus Dementia

Wednesday, January 15, 2020 from 1:00 pm to 3:00 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.

The Dementias: What's on the Treatment Horizon?

Wednesday, February 19, 2020 from 1:00 pm to 3:00 pm

We will discuss common dementias and general stages to help you anticipate future changes. Learn about the treatment of symptoms, current research, and clinical trials available.

Virtual Dementia Tour

Wednesday, March 18, 2020 from 1:00 pm to 3:00 pm

The Virtual Dementia Tour (VDT) is designed to help simulate the effects of dementia, allowing caregivers to better understand the needs of their loved ones. Limited space is available; please register early!

Getting Your Ducks in a Row: Legal Planning

Wednesday, April 15, 2020 from 1:00 pm to 3:00 pm

There are many legal needs to be taken care of such as powers of attorney, wills and estates, guardianships, and trusts. An elder law attorney will help you get your ducks in a row.

How Will We Pay for Care: Financial Considerations

Wednesday, May 20, 2020 from 1:00 pm to 3:00 pm

The financial costs of long term care and long term caregiving are enormous. Explore some of your options for this important aspect of caregiving.

Enhancing Communication with Your Loved One

Wednesday, June 17, 2020 from 1:00 pm to 3:00 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?

Wednesday, July 15, 2020 from 1:00 pm to 3:00 pm

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

Strategies for Activities of Daily Living Success!

Wednesday, August 19, 2020 from 1:00 pm to 3:00 pm

Make each day more successful! Learn tips and tricks for providing hands-on care for eating, dressing, bathing, hygiene and toileting.

Caregiver's Guide to Understanding Care Options

Wednesday, September 16, 2020 from 1:00 pm to 3:00 pm

Dementia care is not one size fits all. Each person, each stage, and each family is unique. Come and learn about multiple care options to plan and evaluate what is right for your family.

Hospitalization Happens: Be Prepared

Wednesday, October 21, 2020 from 1:00 pm to 3:00 pm

A trip to the hospital for a person with dementia can be stressful for both parties. Join us to discuss ways you can relieve some of this stress by preparing for both unexpected and planned hospital visits.

End of Life Considerations

Wednesday, November 18, 2020 from 1:00 pm to 3:00 pm

As the end of life approaches, it is a difficult time to deal with the emotions, while still coordinating care for a loved one. Come learn about the various aspects and benefits of palliative care and hospice.

The Art of Friendship in Caregiving

Wednesday, December 16, 2020 from 1:00 pm to 3:00 pm

Learn how to use elements of friendship - knowing the person well, enjoying activities together, communication, building self-esteem, and laughter - to make you a better caregiver!

Details

- Sessions are free and open to the public. To register, please call 703-204-4664 or visit InsightMCC.org.
- Classes are geared towards family caregivers caring for a loved one at home, or friends and family.
- Respite care may be available in our day center; please call in advance to make arrangements.
- Classes are held at the Linda and Lou Mazawey Education and Support Center located at 3955 Pender Drive, Suite 100, Fairfax, VA 22030.