

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

Virtual Dementia Tour

Wednesday, January 17, 2018 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.

Normal Aging versus Dementia

Wednesday, February 21, 2018 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.

Dementia 101

Wednesday, March 21, 2018 from 1:00 pm to 3:00 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.

Legal & Financial Considerations for Dementia

Wednesday, April 18, 2018 from 1:00 pm to 3:00 pm

Many people are unprepared to deal with the legal and financial consequences of dementia. We will learn about legal documents, resources to help cover future care costs, and where to turn for assistance.

Activities of Daily Living Success

Wednesday, May 16, 2018 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.

Keeping Your Loved One Safe

Wednesday, June 20, 2018 from 1:00 pm to 3:00 pm

As the brain changes, abilities change too. Learn about potential safety issues, balancing safety with independence, and ways to keep a loved one safe at home and away.

Are They Doing That on Purpose?

Wednesday, July 18, 2018 from 1:00 pm to 3:00 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.

It Takes a Village: Create Your Care Team

Wednesday, August 15, 2018 from 1:00 pm to 3:00 pm

Join us to discuss how to build a care team, who should be part of the team, and ways that the team can provide care and support to you and your loved one now and in the future.

Understanding Care Options

Wednesday, September 19, 2018 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 help you plan and evaluate what is right for you and your family.

Planning for Successful Transitions

Wednesday, October 17, 2018 from 1:00 pm to 3:00 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.

Caregiving: An Emotional Rollercoaster

Wednesday, November 21, 2018 from 1:00 pm to 3:00 pm

The caregiving journey will have you experiencing many highs and lows. We'll discuss the variety of emotions that are often felt by caregivers and tips on going along for the ride.

Where to Turn for Help

Wednesday, December 19, 2018 from 1:00 pm to 3:00 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.

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.