

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

Normal Aging versus Dementia

Wednesday, January 16, 2019 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 & Clinical Trials

Wednesday, February 20, 2019 from 1:00 pm to 3:00 pm

While not everyone travels the same path, come and learn about the general stages to help you anticipate future changes. Learn the basics of dementia, along with current research and clinical trials available.

Diagnosis Dementia: Now What?

Wednesday, March 20, 2019 from 1:00 pm to 3:00 pm

It can be quite a shock - or a sense of relief! - once the diagnosis has been given. This discussion will help you start planning for the future, while also adjusting to a new life with someone who has dementia.

Getting Your Ducks in a Row: Legal Planning

Wednesday, April 17, 2019 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.

Financial Considerations for Caregiving

Wednesday, May 15, 2019 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.

Person-Centered Approach to Care

Wednesday, June 19, 2019 from 1:00 pm to 3:00 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

Wednesday, July 17, 2019 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, August 21, 2019 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.

Activities of Daily Living Success

Wednesday, September 18, 2019 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.

Understanding Care Options

Wednesday, October 16, 2019 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.

End of Life Considerations

Wednesday, November 20, 2019 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.

Caregiving: An Emotional Rollercoaster

Wednesday, December 18, 2019 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.

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 Mazaway Education and Support Center located at 3955 Pender Drive, Suite 100, Fairfax, VA 22030.