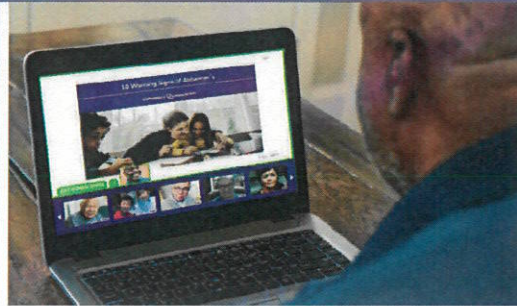




THE EMPOWERED CAREGIVER



**Please join us for an afternoon of conversation
with fellow caregivers**

Topics include:

Taking Care of You

Providing support to a person living with Alzheimer's disease or a related dementia is an ongoing and sometimes emotional process. Learning to recognize your emotions may help you move forward and help the person with dementia live the best life possible.

A Day in the Life

Eating habits, medication management, bathing/personal care, sundowning, changes in abilities, and driving are just the tip of the to-do list iceberg for a care partner. While each person is unique, we'll offer some tips and conversation that may be helpful for you and your loved one.

Emergency Preparedness

The dementia journey is a marathon, not a sprint. In preparing for the marathon, planning for emergencies – medical, household, natural disasters – is an essential part of caregiving. Planning for emergencies will make the journey smoother.

**Tuesday, December 17
2:00-3:30PM**

**Fitzgibbon Hospital
2nd Floor Classroom
2305 S Hwy 65, Marshall, MO 65340**

light refreshments will be served

**for additional information or to register* contact
Trish Ussery - tussery@fitzgibbon.org**

or

Teresa Brown - tbrown@alz.org

***registration preferred, but not required**



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