

DEMENTIA EDUCATION AND SUPPORT WORKSHOP FOR FAMILY CAREGIVERS

Thursday, March 28, 2019 | 9 am to 3 pm

THIS WORKSHOP WILL BE GIVEN IN ENGLISH. PLEASE BRING YOUR LUNCH.

Dr. José Morais, Associate Professor and Director of the Division of Geriatric Medicine at McGill University, is working in collaboration with Alzheimer's Care Consultant and Facilitator **Claire Webster** and with the **Steinberg Centre for Simulation and Interactive Learning** to offer a community workshop which aims to educate and support caregivers who are looking after a family member with Alzheimer's disease or a dementia-related illness. **Dr. Isabelle Gélinas**, Associate Professor at the McGill University School of Physical and Occupational Therapy, will facilitate the safety component of the workshop in the simulated apartment.

This workshop will:

- focus on the most important elements that caregivers need to know regarding dementia and its associated behavioural and psychological symptoms;
- help family members prepare themselves for the journey of caring for someone who has the disease, including best practices for ensuring their own well-being as caregivers;
- simulate a real-life scenario to educate caregivers on how to create a safe home environment.

*Through education and empowerment,
this workshop will help support caregivers and
provide them with the necessary resources to
turn to in the community for support.*

TO REGISTER AND FOR MORE INFORMATION:

514-398-4175 | www.mcgill.ca/medsimcentre

Steinberg Centre for Simulation and Interactive Learning

3575 Parc Avenue, Suite 5640, Montreal, Quebec H2X 3P9

Cost: \$50

Thanks to the generous support of our donors, The Zeller Family Foundation and The Alan & Roula Rossy Family Foundation, we are able to offer this valuable workshop for a minimal registration fee of \$50.



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caregivercrosswalk