



# | Alzheimer's and Dementia Support Group

Caring for those living with Alzheimer's and other forms of dementia means meeting new challenges every step of the way. It can be an isolating journey, but you don't have to go it alone. It's time to find your team.

## Join us for a supportive five-part webinar series sponsored by ComForCare and At Your Side Home Care

During each webinar, you will learn from award-winning occupational therapist and dementia care specialist, Dr. Heather McKay, as well as other family caregivers facing similar challenges. Throughout the series, Dr. McKay will guide you in analyzing current situations, planning new approaches and implementing effective strategies. For those who can stay, a facilitated discussion will be provided for those who would like to participate.

Sponsored by

ComForCare™  
HOME CARE

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This group will meet **Tuesdays from September 21 to October 19 at 6:00 - 7:15 p.m. EST**. An in-person support group session and reception will follow each session.

### Topics

- **September 21** - Understanding Dementia and Communicating for Positive Outcomes
- **September 28** - Dealing with Distress in Dementia
- **October 5** - Troubleshooting When Dealing With Distress Takes More Than One Attempt
- **October 12** - Adapting Care Along the Timeline of Dementia
- **October 19** - Becoming an Adaptive Caregiver and Maintaining Your Own Brain

*All are welcome. RSVP required.*

## Register by contacting

ComForCare Home Care - Greater Charlotte



*Please arrive 15 minutes early to settle in.*

## Location

