

Caregiving Essentials

For Families & Friends of People with Dementia



At this interactive workshop, you will learn:

- The stages of dementia and the changes that occur over time
- Effective strategies for communicating with a confused person
- Techniques for managing challenging behaviors
- How to develop a plan to reduce stress and take care of yourself

2017 PROGRAM SCHEDULE

Brentwood (West L.A.):

11620 Wilshire Blvd. 9th Floor
Los Angeles, CA 90025

Saturday: 9:00 AM to 1:00 PM
April 8 | July 8 | October 14

Torrance:

21250 Hawthorne Blvd., Suite 500
Torrance, CA 90503

Saturday: 9:00 AM to 1:00 PM
July 15 | Aug. 19 | Sept. 16 | Oct. 21 | Nov. 18

RSVP recommended, as seating is limited. Please call (310) 792-8666 or email dhart@abc-seniors.com.

About the Instructor:

Caregiving Essentials is presented by **David Hart, Ph.D.**, Director of Clinical Services at Always Best Care® L.A.–South Bay, and a trained psychotherapist with more than 11 years' experience working with people with dementia and their care partners.



A TRUE VILLAGE OF CARING WITH A SUITE OF SERVICES

21250 Hawthorne Blvd., Suite 500, Torrance, CA 90503 | (310) 792-8666 | www.AlwaysBestHomeCare.com