



Dementia/Alzheimers Caregivers Workshop

Do You Know the Three Rules?

Wednesday ~ Feb 22nd ~ 6 to 8 PM

Facilitated by Ann Quinlan

Caring for a loved one with short term memory loss is one of the most stressful of all care-giving roles. The goal of this 90 minute class is to put some new tools into the caregiver's kit. With dementia/Alzheimer's a loved one's behavior is always a form of communication. Understanding how to translate the language of these behaviors will help reduce stress for both the loved and caregiver. There will be time for Q&A.

With over 20 years experience in elder care management and dementia/Alzheimer's care education, Ann Quinlan offers a compassionate, skillful and solutions oriented approach in helping families navigate the ever increasing labyrinth of health care. Colleagues and clients alike express admiration and appreciation for Ann's calm and professional expertise in coaching toward crises intervention.

Ann works as a Senior Care Advisor
with Beach Glass Transitions based in Portland, Maine.



Registration required ~ Minimum participants 6

Registration instructions in on-line brochure.