



Caregiver Dementia Skills & Wellness Group

Providing care for an individual with dementia can be a rewarding experience in several respects. On the other hand, caregiving can also be a great source of stress, grief, and neglecting ourselves. Behavioral and emotional symptoms are one of the most difficult aspects of caring for a person with dementia, and many caregivers can feel overwhelmed and unprepared to navigate these symptoms.

During this 6-week program, caregivers will be introduced to education around dementia related change and discover various methods that could be beneficial over the course of the condition. These include:

- Creative Engagement approaches to connect with your person,
- Safety considerations,
- Communication strategies, and
- The DICE Approach as a means increase understanding of behavioral symptoms and develop methods to mitigate stressful situations for you both.

Additionally, caregivers will learn mindfulness and compassion exercises in efforts to support their own personal, physical, and emotional health as well as optimally care for the person with dementia.

BRIGHAM HEALTH



BRIGHAM AND
WOMEN'S HOSPITAL

BWH

Virtual Program via
Zoom

Thursdays
6 Sessions
60-Minute Sessions

For more information

call 617-732-8068 or email

brainhealthgroups@bwh.harvard.edu