

*Are you providing caregiving support for a loved one?*



## **LIVE: Online Care Partner Support Group**

*For People Caring for Someone Living with Dementia*

**Led by an Experienced Support Group Leader**

### **Weekly Topics:**

1. Understanding and Accepting Dementia
2. Common Brain Changes and Supportive Techniques
3. Sensory Changes - Increasing Awareness and Understanding Impact
4. Person-Centered Problem Solving
5. Techniques to Reduce Distress

### **Sessions Include:**

- Video clips featuring Teepa Snow
- Interactive activities and discussions
- Post-session resources

### **Please Know:**

- Sessions will be facilitated using Zoom; you must use a device with a camera and a microphone.
- Sessions will not be recorded to maintain confidentiality

**Spring 2025**

Tuesdays

March 18-April 15

7-8:30 p.m. CT

**Register by**

**March 10, 2025**

**Register Here:**



**SCAN ME!**

**For more information, please contact Warda Alaisari at [waalaisari\\_se@usi.edu](mailto:waalaisari_se@usi.edu)  
or visit [USI.edu/care-partner-support-group](https://www.usi.edu/care-partner-support-group)**

*Supported by the Bronstein Center for Healthy Aging and Wellness*