



Kaiser Permanente, Department of Geriatric Medicine
and

Redwood Caregiver Resource Center
A Program of North Coast Opportunities

Present:

Monthly training opportunities for family members and professionals



Facilitator: Alexis Glidewell, LCSW

Video: *Managing and Understanding Behavior Problems in Alzheimer’s Disease and Related Disorders*

The ABC approach. This approach identifies where caregivers have control and where they do not and can help frustrated caregivers gain a sense of empowerment.

Discussion: Shifting the goal from stopping challenging behaviors from starting to accommodating them, viewing all behavior as an attempt to fill an unmet need, becoming a “detective” to identify needs that difficult behaviors may be seeking to fill, noticing environmental triggers to behavior, practicing the ABC approach to managing difficult behaviors

April 12, 2024

10:30 am – 12:30 pm

[REGISTER NOW](#)

If you're looking at the flyers on the computer, mobile phone, or tablet, just click where it says 'REGISTER NOW' to sign up.

If you have a **paper flyer**, you can register by calling Amie Huynh at 707-582-2329 or sending her an email at axh@redwoodcrc.org

Video: *Bathing Without a Battle and Mouth Care without a battle*

These films demonstrates helpful strategies for minimizing fear and resistance to help with areas of personal care, including bathing and mouth care. Discussion: Understanding the root -causes of resistant behaviors, anticipating and minimizing predictable triggers for fear and resistance, setting realistic expectations for both then care receiver and the caregiver June

May 10, 2024

10:30-12:30pm

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Videos: *He’s Doing This to Spite Me: Emotional Conflicts in Dementia Care and At the*

Breaking Point: Emotions and Ethics in Family Caregiving—These videos teach caregivers to understand and decipher behavioral cues, and body language in people with dementia and to use those cues to help interpret challenging behaviors. They offer validation for frustrations and grief, along with practical coping strategies.

Discussion: Interpreting non-verbal signals, keeping behavior in the context of emotional need, learning to let go of the idea that difficult behaviors are done on purpose, developing adaptive coping

June 14, 2024

10:30 am – 12:30 pm

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Caregiver 101 Class

For the family members or caregivers of patients with the diagnosis of dementia. Discussion: Strategies for dealing with dementia associated symptoms and the importance of advanced planning.

Monthly:

4th Friday of Each Month

10:30 am – 12:30 pm

[REGISTER NOW](#)

