

Understanding Dementia



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I never really understood what dementia was, so this workshop was very eye-opening. I learned how best to interact with people who may have dementia and most importantly, I learned to understand their struggles in order to help them even better.

I thought this workshop was very eye-opening... I learned to empathize and understand what dementia sufferers are going through.

I learned a new viewpoint I wasn't aware of before. It was only 8 minutes for me, but in another person's case this is their life. Sometimes just telling a person information isn't enough, so putting them in the shoes of a person with this sickness could really make some changes.

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Dementia Moments Workshop *for family caregivers*

The “Dementia Moments” workshop provides an 8 minute experience that presses participants to perform some daily living tasks as if they were living with Alzheimer’s or another dementia. While wearing gloves, goggles and headphones blaring background noise, people will try to button a shirt, count coins and follow other simple instructions. The goal is not to mimic dementia, but to simulate the emotional experience of someone with dementia trying to perform normally while living in a world of distorted perception and diminished cognition. Participants will then share their thoughts and feelings and learn ways to minimize the distress of people living with dementia.

March 25, 2020

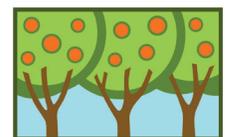
1–2:15 p.m.

Tangelo Grove Senior Care Home, 101 W. Glendale Ave., Phoenix, AZ 85021

Max capacity: 20 attendees

RSVP

(602) 636-5393 or events1@hov.org



**TANGELO
GROVE**
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DP 6179 | 01.20