



Know Better, Do Better

Weekly workshops in dementia care

We are excited to offer dementia education to help family caregivers and our whole community navigate the challenges of the dementia journey. **There is no cost; registration is encouraged, but walk-ins are always welcome.**

Thursday, Sept 7

10–11:15 a.m.

Interpreting the Language of Distress

This presentation explores common causes of dementia-related behaviors and a step-by-step method for customizing effective responses.

Presenter: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Thursday, Sept 14

10–11:15 a.m.

Tips to Maintain Brain Health

This session will review and discuss simple, straight forward, evidence-based approaches to optimize brain health.

Presenter: Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

Thursday, Sept 21

10–11:15 a.m.

Home Safety Skills Lab: Bedroom and Bathroom Considerations

Nearly 80% of fall-related ED visits are due to falls at home, particularly in the bedroom or bathroom. During this interactive, hands-on experience, an occupational therapist will discuss fall prevention strategies, environmental modifications, and safe transfer techniques to maximize home safety and independence for those living with dementia.

Presenter: Calli Carlson OTR/L, CLT
Dementia Campus Occupational Therapist

Thursday, Sept 28

10–11:15 a.m.

Home Safety Skills Lab: Kitchen & Living Area

Join us for an interactive and informative session dedicated to optimizing the kitchen and living room environments. As we explore these key living areas, you will discover innovative ways to maximize functionality, promote safety, and encourage independence through the use of adaptive items fostering an environment where individuals with dementia can thrive.

Presenter: Calli Carlson OTR/L, CLT
Dementia Campus Occupational Therapist

Dementia Bytes

Noon–12:45 p.m. Thursdays

Can't make it to the in-person sessions? **Join us on Zoom** for a 45-minute version of a similar topic each Thursday. No need to register.

Format: 30 minutes of education, 15 minutes of moderated Q&A

Join Zoom meeting:

[https://hov.zoom.](https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09)

[us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09](https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09)

Meeting ID: 874 8226 4963

Passcode: 401031



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CAMPUS

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An innovation of Hospice of the Valley

JOIN US!

Email events@dementiacampus.org

Call **(602) 767-8300**

Each week, our professional caregivers will prepare engaging activities for your person with dementia so that you can attend these sessions.