



Email [events@dementiacampus.org](mailto:events@dementiacampus.org)  
 or call (602) 767-8300  
 Registration preferred.

# Dementia Skills Lab *Series*

Discover the keys to compassionate and effective dementia care with a new interactive series. Three hands-on sessions empower caregivers with practical skills and confidence to improve the lives of people living with dementia. Join occupational therapist **Calli Carlson**, OTR/L, CLT, an expert in dementia care, clinical education, disease management and rehab.



*Attend one, two or all sessions. Provided at no charge.*

## SKILLS LAB #1

### Bedroom and Bathroom Safety

**Thursday, Aug. 15 • 10 am.-noon**

We will explore fall-prevention strategies, environmental modifications and safe-transfer techniques to maximize home safety and independence for individuals living with dementia. We will discuss communication strategies to foster engagement and receptivity during activities of daily living, such as bathing, dressing and toileting.

## SKILLS LAB #2

### Kitchen and Living Room Safety

**Thursday, Aug. 22 • 10 am.-noon**

Learn how to optimize the kitchen and living room environments to help people with dementia thrive. We will share ways to maximize functionality, promote safety and encourage independence with the use of adaptive items. We will discuss common issues that arise within these key living areas and how to navigate new transitions for individuals with dementia.

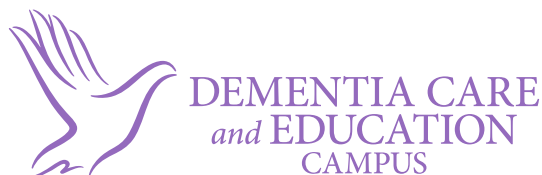
## SKILLS LAB #3

### Engagement and Exercise

**Thursday, Sept. 5 • 10 am.-noon**

During this hands-on experience, we will discuss communication strategies for promoting engagement, share ideas for tangible activities, and demonstrate how to make activities cognitively suitable for people living with all stages of dementia. We also will review simple exercises to improve strength and reduce risk of falls within the home.

**Location:** Dementia Care and Education Campus – Education Center • 3811 N. 44th St., Phoenix



3811 N. 44th St. Phoenix, AZ 85018 (602) 767-8300 [dementiacampus.org](http://dementiacampus.org)

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