



*Dementia is a devastating part of aging, both for the person with dementia and their families. There are so many questions and possibilities; it's difficult to know what the right decisions are, or how to cope. To help navigate these troubled times, Botsford is offering a monthly series on the topic as part of its Botsford University Education Program for Families.*



*The Botsford Commons campus is located between Middlebelt and Orchard Lake roads, north of 8-mile Road, south of M-5 and Grand River.*

#### **BOTSFORD COMMONS' MISSION:**

*“To create a Fullness of Life through the joy of relationships, the art of caring and the spirit of living.”*

*To donate to our Fullness of Life Program – please call Camille Purdie at 248-426-6904 or donate online at <http://botsfordcommons.org/online/give.html>*



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DEVELOPING  
MEANINGFUL  
CONNECTIONS  
WITH PEOPLE  
EXPERIENCING  
DEMENTIA

*presented by:*

**Diane Zide, MS, CTRS, ACC, NHA**  
*Executive Director Senior Living Services*

**7 p.m. • NEW NIGHT – second  
Tuesday of every month,  
(beginning Tuesday, January 10, 2012)  
Botsford Commons Chapel**

# DEVELOPING MEANINGFUL CONNECTIONS WITH PEOPLE EXPERIENCING DEMENTIA

*Guest Speakers Will Present Periodically Throughout the Series*

*Topics to be Discussed at Monthly 2012 Meetings Include:*

- **Introducing Alzheimer's Disease & Related Dementias (Sessions available both Jan. 3 and Jan. 10, 2012)**  
Review common symptoms and behaviors associated with various dementias; including Alzheimer's disease.
- **Understanding Brain Changes in Dementia (Feb. 14, 2012)**  
Learn about the structure of the brain and how it affects our intellect.
- **Respecting the Humanity of the Person (Mar. 13, 2012)**  
Every person is unique with a rich history, strengths, and a core essence that we should honor.
- **Adapting Our Methods of Communication (Apr. 10, 2012)**  
Tailoring our communication styles to build trust and develop rapport.
- **Rethinking Our Approach to Activities of Daily Living (May 8, 2012)**
- **Understanding Why Challenging Behaviors Occur (June 12, 2012)**  
Identifying feelings and needs that could lead to distress or challenging situations.
- **Effective Problem-solving Strategies (July 10, 2012)**  
Applying person-centered care to creatively address challenging behaviors.
- **Communicating with Caregivers (Aug. 14, 2012)**  
Chartering the individualized family/caregiver journey.
- **Caring for Yourself So You Can Care for Others (Sept. 11, 2012)**  
Preventing and coping with stress, burn-out, grief and loss.
- **How Will I Know When I Am Near the End of the Alzheimer's Journey? (Oct. 9, 2012)**
- **Ask the Doctor/Nurse (Nov. 13, 2012)**  
This session will focus on medications.
- **Wrapping It All Up (Dec. 11, 2012)**  
A recap of all previous sessions.

*Following the talk, guests are invited to stay for Botsford Commons' Alzheimer's Support Group. The sessions are free of charge, and will be held at the Botsford Commons campus chapel. Enter through Assisted Living or Clinical Services Building and follow signs to chapel. To RSVP or for more information, please call Diane Zide at (248) 426-6902.*

