

## **Ukiah Caregiver Trainings –**

**3<sup>rd</sup> Wednesday of the month (except August/no class) Ukiah Senior Center, 10 am to 12 noon**

**Call Redwood CRC to Register for classes – 707-542-0282 x110**

### **March**

Video: *A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer's*—This film follows couples dealing with the issue of changes in intimacy as dementia causes changes in roles. These changes are often left unaddressed by professionals, family, and friends. Couples discuss from their experiences, how they learned to adapt.

Discussion: Grief and loss, learning to redefine intimacy when sexual attraction and desire is diminished due to the caregiver's blurred roles and the care-receiver's ever-increasing dependency for care

### **April**

Video: *Looking for Yesterday*—This film introduces the Validation Method for communicating with people with dementia-related symptoms. The Validation Method stresses the value of considering the long-term memories of a cognitively-impaired person when approaching communication and behavior management. It teaches caregivers to join in their loved-ones' realities rather than trying to reorient a confused person.

Discussion: Understanding why long-term memories are more accessible than short-term memories, clarifying the goal of communication in the context of dementia as connection and not accurate information exchange

### **May**

Videos: *Helping People With Dementia in Activities of Daily Living* and *Minimizing Disruptive Behaviors*—These films focus on helping people with dementia remain feeling as independent as possible through realistic expectations and activities targeted to meet their needs for security, personal control, purpose, etc.

Discussion: brainstorm ideas for activities that help meet the needs of the person with dementia, understanding what's enough stimulation and what's not enough by following behavioral cues

### **June**

Discussion: *Exploring Placement Options*—Addressing complicated feelings that arise in making a decision to place a loved one in a long-term care facility, selecting a facility that meets your family's needs, determining factors that may contribute to a decision to place

## **July**

Video: *Quiet Triumphs*—This film focuses on some of the good that can come out of caregiving. Caregivers discuss their experiences of gratitude and growth in the midst of the stressors of long-term caregiving.

Discussion: Identifying areas of meaning in caregiving, adapting to “both/and” thinking with regard to challenges and fulfillment

## **August**

Summer holiday – no classes

## **September**

Video: *Complaints of a Dutiful Daughter*—This film is an Oscar-nominated documentary of one woman’s experience caring for her mother with Alzheimer’s Disease. She chronicles her struggles and challenges and shares how she learned to adapt, cope and cultivate connection with her mother as the disease process progressed.

Discussion: Living with ambiguous loss and anticipatory grief, adjusting to new ways of interacting with a cognitively-impaired loved one, setting realistic expectations, the importance of self-care to manage stress and remain flexible

## **October**

Video: *Communicating With Moderately and Severely Confused Older Adults*—These video clips demonstrate specific communication strategies and techniques that allow for connection with a cognitively-impaired person, regardless of the content of the conversation.

Discussion: Adjusting the way we approach communication in the context of a dementia diagnosis, why logic and reasoning won’t work, how to get “a foot in the door”

## **November**

Video: *Managing and Understanding Behavior Problems in Alzheimer's Disease and Related Disorders*—These video clips introduce The ABC approach to managing difficult behaviors. This approach identifies where caregivers have control and where they do not and can help frustrated caregivers gain a sense of empowerment.

Discussion: 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

## **December**

Video: *Choice and Challenge: Caring for Aggressive Older Adults Across Levels of Care*—This film demonstrates helpful strategies for minimizing fear and resistance to help with areas of personal care, including bathing.

Discussion: Understanding the root -causes of resistant behaviors, anticipating and minimizing predictable triggers for fear and resistance, setting realistic expectations for both the care receiver and the caregiver

## **January**

Videos: *Recognizing and Responding to Emotions in Persons with Dementia* and *He's Doing This to Spite Me: Emotional Conflicts in Dementia Care*—These videos teach caregivers to understand and decipher facial expressions, vocal signs, and body language in people with dementia and to use those cues to help interpret challenging behaviors.

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

## **February**

Video: *Prescription for Caregivers: Take Care of Yourself*—This film discusses the common issues of guilt, resentment, overwhelm, and obstacles to self-care that challenge many caregivers. It is filmed in front of a live audience of family caregivers who contribute from their experiences. The value of self-care is stressed.

Discussion: Setting realistic expectations for the caregiver and the care-receiver, increasing emotional reserves through practical self care, brainstorming realistic ways to prioritize self care

