



## Dementia Dialogues

Tuesdays, Sept. 11-Oct. 9, from Noon-1:30 p.m.

Looking for practical tips to help care for a family member or patient with dementia? This class can help you find ways to assist those with dementia without feeling out of control, frustrated or depressed. These 90-minute sessions develop your caregiving skills and allow you to meet other caregivers like yourself.

**Sept. 11:** *The Basic Facts: An Introduction to Dementia*

**Sept. 18:** *Keeping the Dialogue Going: Communication Skills*

**Sept. 25:** *Safety, Eating, Toileting and Bathing*

**Oct. 2:** *Addressing Challenging Behaviors: Incontinence, Wandering and Aggression*

**Oct. 9:** *More Challenging Behaviors: Repetitive Behaviors, Yelling, Sleep Problems, Hallucinations and Rummaging*

Classes meet in Conference Room 3 at GHS Oconee Memorial Hospital. Family caregivers, friends of those with dementia and professional caregivers are invited to join us for one or more sessions. Registration is encouraged but not required. Professional caregivers are eligible for continuing education credits.

Caregivers who need care for their loved one while in class can call the Alzheimer's Association at 1-800-272-3900 *at least two weeks in advance* to arrange for a sitter.

Questions? Contact Eunice Lehmacher at [elehmacher@ghs.org](mailto:elehmacher@ghs.org) or **(864) 885-7857**.



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