



## The Positive Approach to Care

### Helping someone experiencing memory loss

How can you shift from dealing with challenging behaviors or problems to creating a positive, caring environment where someone with dementia will feel significant, wanted and loved?

Join these interactive classes where you can learn approaches developed by occupational therapist Teepa Snow of *The Positive Approach to Care*. We'll discuss problems that often arise (resistance to care, arguing, wandering, etc.), practice ways to see things from your loved one's perspective and learn methods to help in a way that doesn't feel like nagging.

We'll meet **Mondays, 9:30–11:30 a.m., Oconee Memorial Hospital, Conf. Room 1** (298 Memorial Dr., Seneca). You can come to just one or all sessions. Each class will include video clips of nationally known dementia expert Teepa Snow followed by opportunities to practice the skills taught.

**Jan. 13:** Is this normal aging or is it dementia?

**Jan. 20:** How can I help but not take away my loved one's independence?

**Jan. 27:** Seeing beyond loss: What are their strengths?

**Feb. 17:** Review, practice and Q & A

RSVP requested, but not required, to [Eunice.Lehmacher@PrismaHealth.org](mailto:Eunice.Lehmacher@PrismaHealth.org) or **864-885-7857**. Or call to find out other services for family members and professionals who work with someone who has memory loss.