



**THE MEMORY CARE ALLIANCE**



Are you caring for someone living with Alzheimer's? You are not alone. Help is here.

The road of a caregiver is a long one. Are you prepared for your journey?

# Prepare to Care Workshop

A Caregiver's Guide to Success

This course will enable you to educate yourself with the necessary skills needed, develop understanding of dementia-related illness and empower yourself to provide the best possible care for your loved-one.

Understanding the types of dementia.

Legal and financial planning.

Communication skills.

How to create a long term care plan.

....and learn how to manage your own self care..

*Participants who complete the entire course will receive a certificate of completion.*

Problem solving.

The three priorities care.

Family dynamics

Finding resources.

Learn the traits of a good caregiver.

Day to day caregiving techniques.

Behavior challenges.

Shopping for services like in-home care.



This is a **FREE** program with funding provided by

"Learn the art of caregiving and to think like a caregiver".

Developed and presented by David Davis, Founder and Executive Director of The Memory Care Alliance. David was a caregiver for his mother who lived with Alzheimer's for eleven years.



## Betty Ehart Senior Center

1101 Bathtub Row in Los Alamos

**Saturday, June 15th**

**9:00 - 4:00**

A reservation is required. Lunch Provided.  
Contact [admin@thememorycarealliance.org](mailto:admin@thememorycarealliance.org)  
or call 505-310-9752  
for more information or to reserve your seat.

On-site and in-home respite care is available for both elders and youth.