

Do You Worry About Dementia?

Workshop for Faculty, Staff, and Students

Are you concerned about the memory or behavior of an older person in your life?

Are you already a caregiver and want to understand more about dementia?

This wellness workshop is part of UMBC's Eldercare and the Workplace Workshop Series – a collection of programs jointly sponsored by the Erickson School and Human Resources.

What past participants have said about past Eldercare programs:

"This session helped me realize the resources available in my community to help me in caring for my aging parent."

"I am now able to reframe the conversations I have with my loved one as a result of this session."

"I learned valuable information on how to handle power of attorney and more effective ways of communicating with my mother's physician."

This session will address the differences between symptoms caused by dementia and depression, discuss normal aging versus dementing illness, and present strategies and techniques for communication and caregiving when a loved one has dementia.

Participants will learn:

- What dementia is and uncover common misconceptions;
- How to get a good assessment of a loved one you suspect may have dementia, and how to determine when an assessment is needed; and
- Resources and tips available for the family caregivers of a loved one with dementia.

About the Facilitators:

Judah Ronch, PhD, is the Dean of and a Professor at the Erickson School at UMBC. Dr. Ronch is a psychologist and an authority on strengths-based approaches to caring for people with dementia. His numerous publications include the critically acclaimed *Alzheimer's Disease: A practical guide for families and other helpers* and *The Counseling Sourcebook: A practical reference on contemporary issues*, winner of the 1995 Catholic Press Association of the United States Book Award. He is co-editor of *Mental Wellness in Aging: Strength Based Approaches*, winner of a 2004 Mature Media Award, and *Culture Change in Long-Term Care*, the first text published about culture change in aging services.

Carol F. Wynne, MS, MSN is the Support Group Coordinator and Early Stage Program Coordinator for the Alzheimer's Association of Maryland. Ms. Wynne is a geriatric Nurse Practitioner and has worked in geriatric care since 1989. In her role, she organizes support groups for people with dementia and their caregivers, and specializes in helping people understand dementias and related behaviors. Ms. Wynne speaks widely about communication and interaction strategies for people caring for a loved one with dementia.

Register on the web by May 26th at: www.umbc.edu/training

Spaces are limited and pre-registration is required.