

# Creative Health Care Management

## Dementia: There is Hope



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When my mom showed signs of dementia I was at a loss on how I could be helpful to her. Searching for an approach to care that was both easy and focused on keeping her calm was overwhelming. Fortunately, a colleague gave me the book, *Contented Dementia*, which explains Penny Garner's approach to caring for those with dementia. Shortly after reading the book I found myself traveling to Burford, England, where I began my training with Penny. Her "wraparound model of care" has been in place for over twenty years.

Results with this method have shown decreased anxiety for both the caregiver and the person with dementia. When I came back home and applied the "Contented Dementia" approach with my mom, our relationship grew to one of mutual respect and compassion. To her dying day, my mom remained content and calm. I am passionate about sharing this approach. Based on my almost 25 years of experience in health care, I have now blended this approach with the therapeutic practices that are needed to provide loving care to our loved ones with dementia—calling it Relationship-Based Memory Care.

Relationship-Based Memory Care is a method of caring for people with dementia that is aimed at reducing stress for the caregivers and promoting contentment and reduced anxiety for those with dementia.

This session is specifically designed to provide family and friends with strategies known to have a positive impact when caring for people with dementia. This is a practical, hands-on approach to care. Discussions will assist family and friends to develop individualized care plans that meet their specific needs when caring for their loved ones with dementia.

## Who Should Attend

This program is designed for those who are personally concerned about a family member or friend with dementia. Practical and effective approaches will be offered to give family and friends techniques to help provide compassionate and loving care which reduces anxiety and promotes contentment for all concerned.

Designed especially for non-professional caregivers of people with dementia, this program can be offered in educational sessions as brief as one hour long.

## What You Will Learn

The Relationship-Based Memory Care model encourages emotional safety and enables non-professional caregivers to better promote contented lives for their loved ones with dementia. Workshop participants will deepen their understanding of how to help their loved ones and themselves live and thrive despite the realities of dementia.



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## Questions We Will Address:

- What is Relationship-Based Memory Care?
- How does Relationship-Based Memory Care help me care for my loved one with memory loss?
- What does Relationship-Based Memory Care have to do with safety, activities of daily living, and the general well-being of my loved one and me?
- Where will I find the time to learn and practice these new strategies?
- Is it even possible to help those coping with dementia to live with contentment?
- What is a Care Card?

Class time will be spent on learning and practicing the behaviors of Relationship-Based Memory Care. The goals of the sessions are for you to begin an individualized plan of care, useful in real world situations, and to identify strategies which you can immediately use to help reduce anxiety and promote contentment for yourself and your loved one who is living with dementia.



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Please visit [www.DementiaTherelsHope.com](http://www.DementiaTherelsHope.com) for an online community dedicated to the art and science of compassionate memory care.