

Caregiver Stress and Well-Being

Educational event for family care partners
in collaboration with UHN - Memory Clinic

WHERE:

Online using Zoom

COST:

FREE, registration is required

DATE:

Wednesday, August 23, 2023

from 12:00 p.m. - 1 p.m.



This interactive presentation will focussed on caregiver wellbeing. We will first learn about the causes and effects of caregiver stress, and will explore coping strategies through discussion and experiential exercises. We will provide participants with additional resources for managing caregiver stress

This presentation will explore the difference between normal changes associated with aging and abnormal changes as a result of dementia in swallowing and communication skills. Available preventative measures, treatment options or compensatory strategies are also explored.

This presentation will be provided by Guest Speakers: **Jennifer Carr** and **Aynsley Moorhouse** who are both mental health clinicians at the Reitman Centre at Sinai Health.

CLICK HERE TO REGISTER:

<https://alz.to/event/virtual-caregiver-education-forum-caregiver-stress-and-well-being-zoom/>

or contact **Julie Wong** at **416-580-7762** or JWong@alz.to