



Present

Does Your Loved One Have Dementia? Learn How You Can Be an Empowered Care Partner

This presentation will provide you, the care partner, with successful strategies for dealing with your loved one's post holiday blues and teach you ways to improve your partner's lifestyle by prolonging his or her self-sufficiency and independence. Topics discussed will include problem behaviors, safety measures, dementia education, daily activities and exercise, care options, and communication skills.

Thursday, January 14th

(Snow Date is Thursday, January 21st)

6:00 – 8:00 PM

at the

Adult Day Care Center at FIELDHOME

2300 Catherine St., Cortlandt Manor, NY 10567

Presented by

Donna Sangi-Vallario, *Engaging Alzheimer's LLC*

Michelle Schimitsch, *FOX Rehabilitation*

Samantha D'Avella, *Adult Day Care Center at Fieldhome*

Attendees will receive a carepartner's gift basket,

including a copy of the award-winning book

I Care: A Handbook for Care Partners of People with Dementia

Enjoy soup and sandwiches during the presentation!

Your loved one is welcome to join us, too

Please RSVP by January 12th

Contact Patti Horvath, Director of Community Outreach at FIELDHOME

914-739-2244 or phorvath@fieldhome.com



Fox Rehabilitation is a private practice that consists of full time, licensed Physical and Occupational therapist who specializes in the provision of therapy services to the older adult population and is highly experienced in handling impairments related to neurological and cognitive. Fox began providing rehab services in the homes of older adults 16 years ago, and we are happy to also be able to provide care in the Fieldhome Adult Day Center.

Our specialized dementia treatment utilizes activities meaningful to the patient to improve strength, cognition, and emotional and physical well-being to maintain independence. Our advanced care giver education focuses on caregiver stress management, communication strategies, and activities of daily living techniques.

Benefits to this therapy enhance cognitive and functional scores, reduce falls, manage difficult behaviors, and reduce caregiver burden. Examples include: agitation interventions, communication strategies, anxiety and fear interventions, and home safety interventions.



Being diagnosed with Alzheimer's disease or a related dementia does not have to cause such a devastating change in lifestyle. There is HOPE.

While there will be limitations in what the person diagnosed can and cannot do, there is still so much freedom to enjoy for the person diagnosed as well as family members. The goal of Engaging Alzheimer's is to educate individuals with dementia and their families, organizations, and communities to view and treat people with Alzheimer's and related dementias in a way that maintains or improves the person's lifestyle for as long as possible while maintaining his or her dignity.

We offer telephone coaching and/or in-home visits for families that have a loved one diagnosed with Alzheimer's or a related dementia. In many cases, all that's needed is one or two coaching sessions. Typically, these sessions last 1 – 2 hours and can include several members of the family – in various locations. Some of the topics we cover are how to maximize daily activities, dementia education which includes how to effectively communicate and how to identify triggers that cause person to become frustrated or agitated, safety precautions, education about available services in the community to support person diagnosed to stay home as long as possible and most of all, how to prepare for tomorrow while you live for today.



FIELDHOME's Adult Day Care Center opened just last year and has become a wonderful resource for local families with loved ones who have early dementia. We provide high quality social, nutritional and daily living services in a safe, supportive and stimulating environment. This allows the caretaker to go to work or take a well-deserved break from care-giving responsibilities. We also offer transportation, personal hygiene and barber and beauty shop services. For more information on these or our other programs, including assisted living, memory support, short-term rehab and skilled nursing, please visit our website: FIELDHOME.com.