



Alzheimer Society

ALBERTA AND  
NORTHWEST TERRITORIES

## Transition to Alternative Care (Late Stage)

# Seeds Of Hope Family Learning Series

The Seeds of Hope Family Learning Series provides education and support for families of persons living with Alzheimer's disease and related dementias throughout their journey. The series consists of four programs targeted at families caring for individuals in the early, middle, late and end-of-life stages of dementia. Each program is made up of several 2-hour sessions with activities and guest presenters to address specific issues related to each stage.

**When:**

**Thursday in November  
(2,9,16,23 & 30)**

**Where:**

**Lethbridge Office:  
#40 1202 2nd Ave South**

**Time:**

**10:00 - 12:00pm**

**To Register:**

**Phone:**

**587-457-3410**

**Email:**

**SSabey@alzheimer.ab.ca**

**Growing Seeds of Hope**

A hope specialist will help you understand the importance of hope on your journey as a care partner. Find out how to maintain hope, the importance of self-care, and how to get the help and support you need.

**Working with Care Providers**

A care home staff will discuss the role of the care partner and staff during this transition into a care home.

**Preparing for Changes Ahead**

A geriatric nurse will explain the changes individuals with dementia are likely to experience in the later stages of the disease.

**Maintaining the Connection**

A recreation therapist will give you ideas to help support the person living with dementia in their care home to ensure quality of life.

**Taking Care of You**

A bereavement specialist will help you recognize and understand grief and the grieving process. Learn strategies to get the support you need to take care of yourself.