



# PRESS RELEASE

FOR IMMEDIATE RELEASE

September 29, 2023

**For more information, contact:**

Gaynor D. Daleno  
Interim Communications Manager  
University of Guam  
Tel: (671) 735-0219  
Email: dalenog@triton.uog.edu

**UOG workshops for Caregivers of Persons with Dementia:  
Activities of Daily Living**

The University of Guam's Guam/Micronesia Geriatrics Workforce Enhancement Program is offering an opportunity for caregivers of persons with dementia to participate in an online training and certification program called CARES Activities of Daily Living. This award-winning program will teach caregivers how to help persons with dementia with the fundamental activities of daily living (ADLs) across all stages of dementia.

The training program includes 10 modules: (1) Dementia and the CARES Approach; (2) Creating Meaning in Activities of Daily Living; (3) Recognizing and Managing Pain; (4) Bathing; (5) Dressing; (6) Eating; (7) Grooming; (8) Mouth Care; (9) Using the Bathroom; and (10) Mobility, Transferring, and Positioning. Participants who complete all 10 modules will receive a certificate of completion and will be eligible for CARES Dementia Certification. Upcoming modules in October:

**Module 1: Dementia and the CARES® Approach**

- 6 p.m. to 8 p.m., Wednesday, October 4, or
- 10 a.m. to noon, Saturday, October 7

**Module 2: Creating Meaning in Activities of Daily Living**

- 6 p.m. to 8 p.m., Wednesday, October 18, or
- 10 a.m. to noon, Saturday, October 21

### **Health Services of the Pacific: A Community Resource**

In the second week of October, Rhoda Orallo, Program Manager for Title III Programs with Health Services of the Pacific (HSP), will present two sessions on HSP's services for older adults, persons with dementia, and family caregivers. These sessions will be held:

- 6 p.m. to 8 p.m. Wednesday, October 11
- 10 a.m. to noon, Saturday, October 14

### **Legal Issues for the Elderly**

In the final week of October, tGuam Public Guardian Marcelene Santos will present "Legal Issues for the Elderly." This presentation will address guardianship as well as the following legal documents: Power of Attorney, Revocable Living Trust, Advanced Health Care Directive, and Living Will. These sessions will be held:

- 6 p.m. to 8 p.m. Wednesday, October 25
- 10 a.m. to noon, Saturday, October 28

Participants can attend the Wednesday or Saturday sessions using the following Zoom links:

- Wednesday sessions: <https://zoom.us/j/92072878067>
- Saturday sessions: <https://zoom.us/j/91243370958>

### **Ongoing dementia support groups**

These sessions are part of the ongoing online support groups for family caregivers of persons with dementia being conducted by the Guam/Micronesia Geriatrics Workforce Enhancement Program of the UOG School of Health. The support group sessions are held on Zoom on Wednesday evenings and Saturday mornings year-round. The sessions are free of charge to partners, family members, and other caregivers of persons with dementia who have ties to Guam and the Micronesian region.

#### **For more information, contact:**

Dr. Iain Twaddle or Nikolas Gutierrez  
Guam/Micronesia Geriatrics Workforce Enhancement Program  
Telehealth Geriatric Support Services  
University of Guam  
Tel: (671) 735-2883  
Email: gwep.tgss@triton.uog.edu

Rhoda Orallo  
Health Services of the Pacific  
Tel: (671) 735-3277  
Email: r.orallo@hspguam.com

*This project is supported by the Health Resources and Services Administration of the US Department of Health and Human Services as part of an award totaling \$871,972.00 with zero percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by HRSA, HHS or the US Government. Geriatrics Workforce Enhancement Program Award #: 6 U1QHP33078-05-03.*