

Support Group for Family Caregivers of Persons with Dementia

MARCH 2024 SESSIONS

CARES® Activities of Daily Living™ Training and Certification Program

This March and April, G/M GWEP TGSS will continue to conduct the CARES® Activities of Daily Living™ Training and Certification Program featuring 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
- 10) Mobility, Transferring, and Positioning

Module 1: Demnentia and the CARES® Approach

6 p.m.-8 p.m., Wednesday, March 6

Module 2: CARES® Meaning in Activities of Daily Living

10 a.m.-12 p.m., Saturday, March 9

Module 3: Rcognizing anf Managing Pain

6 p.m.-8 p.m., Wednesday, March 13

Module 4: Bathing

10 a.m.-12 p.m., Saturday, March 16

Module 5:Dressing

6 p.m.-8 p.m., Wednesday, March 20

Module 6: Eating

10 a.m.-12 p.m., Saturday, March 23

Module 7: Grooming

6 p.m.-8 p.m., Wednesday, March 27

Module 8: Mouth Care

10 a.m.-12 p.m., Saturday, March 30



**GUAM / MICRONESIA GERIATRICS WORKFORCE
ENHANCEMENT PROGRAM**
TELEHEALTH GERIATRIC SUPPORT SERVICES

**Support Groups for Family Caregivers
of Persons with Dementia**

MARCH SCHEDULE

Week 1:

Wednesday, March 6 (6 pm-8 pm)

CARES® Activities of Daily Living™

Module 1: Dementia and the CARES® Approach

Saturday, March 9 (10 am-12 noon)

CARES® Activities of Daily Living™

Module 2: Creating Meaning in Activities of Daily Living

Week 2:

Wednesday, March 13 (6 pm-8 pm)

CARES® Activities of Daily Living™

Module 3: Recognizing and Managing Pain

Saturday, March 16 (10 am-12 noon)

CARES® Activities of Daily Living™

Module 4: Bathing

Week 3:

Wednesday, March 20 (6 pm-8 pm)

CARES® Activities of Daily Living™

Module 5: Dressing

Saturday, March 23 (10 am-12 noon)

CARES® Activities of Daily Living™

Module 6: Eating

Week 4:

Wednesday, March 27 (6 pm-8 pm)

CARES® Activities of Daily Living™

Module 7: Grooming

Saturday, March 30 (10 am-12 noon)

CARES® Activities of Daily Living™

Module 8: Mouth Care

To attend one of our online support groups, please use the following Zoom links:

Wednesday Support Group: <https://zoom.us/j/92072878067>

Saturday Support Group: <https://zoom.us/j/91243370958>

For more information:

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