

# CARING ABOUT SOMEONE LIVING WITH DEMENTIA - WHAT CAN I DO?



## FEELING UNSURE ABOUT HOW TO HELP SOMEONE LIVING WITH DEMENTIA?

You're not alone. Many families and friends feel overwhelmed, uncertain, or even fearful when caring about someone experiencing cognitive changes.

Join us for a friendly, insightful session that offers hope and practical guidance. You'll walk away with simple strategies and supportive resources to make each interaction more positive and meaningful.


### YOU WILL LEARN HOW TO:

- Build confidence in responding to dementia-related changes.
- Use practical tools for communication and crisis prevention.
- Maintain emotional connection and well-being.
- Find support and understanding from others in the community.
- Access resources for self-care and long-term resilience.

## AN INTRO TO SPECIAL®

WED., MARCH 18TH 2026

1:00 PM - 2:30 PM

 Platteville Community Center  
508 Reynolds Ave, Platteville, CO 80651



REGISTER AT  
NO CHARGE:

[dementiatogether.org  
/calender](https://dementiatogether.org/calender)



970-305-5271



[help@dementiatogether.org](mailto:help@dementiatogether.org)



[dementiatogether.org](https://dementiatogether.org)