

THE ARC SAN FRANCISCO & THE ALZHEIMER'S ASSOCIATION PRESENT

# Aging & Developmental Disability

## Caregivers ask: "Is it Alzheimer's?"



### Caregiver Trainings

A 2-hour, 3 session training for paid and unpaid caregivers.

Dates: Fridays 2/16, 2/23, & 3/2/18

Time: 10:00 am - 1:00 pm

or

Saturdays 4/21, 4/28 & 5/5/18

Time: 10:00 am - 1:00 pm

### Call-in Support Group

Guided small group discussions of the challenges of caregiving for persons with IDD & dementia.

Date: 3rd Thursday of the month

Time: 6:00 pm - 7:00 pm

Starts: 1/18/2018

### Alzheimer's Care Academy

A 3-hour training for your organization or business. Call to schedule a training. (CEU's available)

### Dementia Screenings

Seeing changes in memory or other functions? Schedule an evaluation to determine if the symptoms are Alzheimer's disease.

**Location:** All events are held in San Francisco. Please call for details.

### Do you care for an aging loved one or client? Are they showing signs of dementia?

In addition to memory loss, symptoms can be functional (no longer able to tie shoes), psychological (irritability), behavioral (refusing to bathe) or medical (late on-set of seizures).

For individuals with Down syndrome, symptoms can occur as early as in their 30's. Fortunately, The Arc San Francisco is here to help.

We are offering a variety of free programs designed to help caregivers better understand dementia, manage the symptoms, prepare for the changes and care for themselves along the way.

### Information & RSVP:

Contact Kristin Rains, MSW

Center for Health & Wellness, The Arc SF

415-609-9507

  
**The Arc**  
San Francisco

For people with intellectual  
and developmental disabilities

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