



# Getting Started for the Caregiver

## (Dementia Overview)

A dementia diagnosis can be overwhelming and often we don't know where to start. Come join us for this **FREE** education event for the **"Caregiver"** as you begin this journey.

An introductory session to Alzheimer's disease and related dementia. Session answers the question, "What is dementia?" It provides an overview of brain changes, information to help understand behaviours in dementia care, and tips for communicating effectively with someone with dementia. Participants are also made aware of Alzheimer Society Peel programs and services

**Monday October 1, 2018**  
**6:00pm-7:30pm**

*Please note that this session is not intended for the individual with Alzheimer's disease or a related dementia but for their Caregiver(s)*

For more information or to register please contact:  
**The Central Brampton Family Health Team**  
**905.456.7111**

### Location of Event

Central Brampton  
Family Health Team

Brampton East  
Medical Group

60 Gillingham Drive,  
Suite 200

Brampton, ON

L6X 0Z9

- Free Community Education event
- No referral necessary to register
- Event facilitated by Peel Alzheimer Society Educator