



Kaiser Permanente, Department of Geriatric Medicine  
and  
Redwood Caregiver Resource Center  
A Program of North Coast Opportunities

Present:

Monthly training opportunities for family members and professionals



**Facilitator:** Alexis Glidewell, LCSW

If you're looking at the flyers on the computer, mobile phone, or tablet, just click where it says 'REGISTER NOW' to sign up.

If you have a **paper flyer**, you can register by calling Amie Huynh at 707-582-2329 or sending her an email at [axh@redwoodcrc.org](mailto:axh@redwoodcrc.org)

**My Father's House: A Journey of Love and Memory and Quiet Triumphs**

These films focus on the caregiving journey—following a daughter's experiencing of caring for her father through the final stage of dementia, including his death. They explore some of the good that can come out of caregiving. Caregivers discuss their experiences of gratitude and growth in the midst of the stressors of long-term caregiving.

Discussion: Identifying areas of meaning in caregiving, adapting to "both/and" thinking with regard to challenges and fulfillment

**Dec 3, 2024 (1:30pm - 3:30pm)**

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**Caregiver 101 Class**

For the family members or caregivers of patients with the diagnosis of dementia. Discussion: Strategies for dealing with dementia associated symptoms and the importance of advanced planning.

**Dec 17, 2024 (1:30 pm – 3:30 pm)**

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**Video: Complaints of a Dutiful Daughter**

This film is an Oscar-nominated documentary of one woman's experience caring for her mother with Alzheimer's disease. She chronicles her struggles and challenges and shares how she learned to adapt, cope and cultivate connection with her mother as the disease process progressed.

Discussion: Living with ambiguous loss and anticipatory grief, adjusting to new ways of interacting with a cognitively-impaired loved one, setting realistic expectations, the importance of self-care to manage stress and remain flexible

**Jan 7, 2025 (1:30pm - 3:30pm)**

[REGISTER NOW](#)

**Videos: Louie, Louie: A Portrait in Parkinson's, Early Onset Memory Loss:**

Conversations with Letty Tennis, and Living After Stroke: Conversations With Couples—These films explore the experiences of families living with the after effects of different types of dementing illnesses and discuss issues that are common across diagnoses as well as disease-specific challenges.

Discussion: Understanding how challenges may manifest differently depending on a person's diagnosis, identifying family caregiving challenges that transcend diagnoses

**Feb 4, 2024 (1:30pm - 3:30pm)**

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