



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

VIA
ZOOM

Need not be a
KP Member
All are
Welcome.

Facilitator: Alexis Glidewell, LCSW

Prescription for Caregivers: Take Care of Yourself

This film discusses the common issues of guilt, resentment, overwhelm, and obstacles to self-care that challenge many caregivers. It is filmed in front of a live audience of family caregivers who contribute from their experiences. The value of self-care is stressed.

Discussion: Setting realistic expectations for the caregiver and the care-receiver, increasing emotional reserves through practical self-care, brainstorming realistic ways to prioritize self-care.

July 7, 2026 (1:30 PM-3:30pm)

[REGISTER NOW](#)

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

Caregiver 101

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.

3rd Tuesday of Each Month (1:30pm -3:30pm)

[REGISTER NOW](#)

A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer's and Sexuality, Intimacy and Dementia in the Residential Care Setting

These films follow people dealing with the issue of changes in intimacy as dementia causes changes in roles. These changes are often left unaddressed by professionals, family, and friends. Couples discuss from their experiences, how they learned to adapt, both in the home and in residential care settings

Discussion: Grief and loss, learning to redefine intimacy when sexual attraction and desire is diminished due to the caregiver's blurred roles and the care-receiver's ever-increasing dependency for care, normalizing human sexuality across the life spectrum

August 4, 2026: (1:30 PM-3:30pm)

[REGISTER NOW](#)

More than Words: A New Culture of Care and Communication with Persons Who are Living with Dementia and Other Age-Related Conditions

This video shows practical ways of identifying the underlying need behind a patient's challenging behavior and shows the process of evaluating adaptive approaches to meet those needs. This film shows actual dementia patients and care providers in residential care facilities and offers strategies that can be used anywhere, including in the home.

Discussion: Review of realistic expectations about behavior management, focus on behavior accommodation versus behavior modification, identifying environmental triggers, and learning where caregivers do and do not have control.

September 1, 2026 (1:30 PM-3:30pm)

[REGISTER NOW](#)

