



Dementia Trainings

Dementia Trainings are provided at no charge and are conducted by a licensed social worker with the purpose of helping to educate caregivers, professionals, faculty and others.

Understanding Dementia: Learn about the different types of dementia, and the stages of cognitive impairment. We will also discuss appropriate activities for those in each stage of memory loss, caregiving tips, and adjustments that may be needed for activities of daily living.

Safety in The Home and Community: Learn caregiving tips about how to keep you and your loved one safe at home and in the community. We will also discuss fall prevention, eating safety, wandering prevention, and available resources in the community.

Caring For My Loved One: Learn some tips and advice on how to best communicate with your loved one with dementia, typical symptoms of memory loss, and coping strategies for caregivers. As the disease progresses, learn how to best be prepared on how to assist with activities of daily living such as eating, bathing, dressing and managing daily routines.

Caring For The Caregiver: Learn about the importance of caregiver self-care, types of self-care, and the importance of utilizing resources that are available in your community. Learn about how to best help yourself, so you can continue to help your loved one with dementia and prevent caregiver burnout.

Professional Trainings

Professional trainings are provided at no charge and are conducted by experts in their specific fields in collaboration with a LIAD Center social worker. The LIAD Center collaborates with experts in a variety of professions providing educational seminars to our senior community. Topics could include: estate planning and/or financial planning, care options, aging at home, etc.

Brain Fitness Programs

Train Your Brain: The LIAD Center's leading professionals conduct a series of cognitive programming customized for patrons in-person and virtually. Programming could include: cognitive brain fitness, memory recall, trivia programming and other topics as suggested. Inquire for information regarding fees and requirements.