



# Learning to Dance with Dementia

## A two-part workshop to build caregiver communication skills

December 2 and 9, 2021  
2-part workshop  
on Thursdays

**Time:**  
2-3:30 pm

**Location:**  
Live-broadcast for online  
attendance only

**Presenter:**



**Mary Donnelly** has been a part of MemoryCare since 2003 – first as a caregiver when her mother became a patient, and now as coordinator of the MemoryCaregivers Network. Currently, Mary co-facilitates several area peer support groups, edits an online bi-monthly newsletter, Caregiver Network News, and is a frequent speaker on dementia issues. Mary is a Mentor/Trainer/Consultant for Teepa Snow, national dementia expert.

### MEMORYCARE

100 Far Horizons Lane  
Asheville, NC 28803  
828-771-2219

[www.memorycare.org](http://www.memorycare.org)

**Questions?:**

[education@memorycare.org](mailto:education@memorycare.org)

Symptoms of dementia can create chaos in families. Relationships are changing and nobody is sure what to do. Everyone's trying to follow the steps of this unfamiliar dance. When should you lead? When should you follow? How do you keep from stepping all over each other's toes? While there's no perfect strategy that works every time, there are some routines you can learn that may help you and your loved one get back in step again.

These two sessions will focus on the importance of communication – what to keep, what to let go, and when to let dementia take the lead. Using real-life scenarios that the class provides, you'll get to practice some new steps which may help you and your dance partner start moving together a little better.

*Before the workshop begins, we will email you to request if you would like us to discuss a particular scenario or situation that is challenging for you and your loved one. We will address as many as possible in the two sessions.*

To REGISTER visit:

[www.memorycare.org/dance-with-dementia](http://www.memorycare.org/dance-with-dementia)