

# Dementia Caregiver Education Series 2024

*To benefit caregivers and those they love*

## Caregiver Basics

**How to thrive and not merely survive**

Being a caregiver for someone with Alzheimer's or another form of dementia is a hard job. And yet, with education, practice, and awareness of available resources, caregiving can be joyful and fulfilling, too.

This workshop will focus on the essential practices of caregiving, how to build a support network, and what to expect when faced with the challenges of caring for a loved one living with cognitive decline.

*Doors open at 8:00*

*Join us for light refreshments*

*Meet other caregivers and gain information provided from community partners*



**Ben Allen**

**Program & Education Specialist at Alzheimer's Orange County**

Ben Allen is a Programs & Education Specialist and the coordinator of *Memories in the Making*®, the signature art program of Alzheimer's Orange County. Ben was the primary caregiver for his wife, Judy, who lived with Alzheimer's disease until her passing in 2022. He has been a community educator for over twelve years speaking to groups throughout Orange County on Alzheimer's and other forms of dementia, brain health and memory enhancement. Ben retired from AT&T where he had a 33-year career as a project manager, training developer, instructor, and data analyst.

**June**

**8th**

**9:00-11:00**

**AM**

**FREE EVENT**  
**Scan here to**  
**register**



**Conference Location:**  
**Mount of Olives Adult Day Program**  
**24772 Chrisanta Drive**  
**Mission Viejo**

**You can also register by calling 949.581.3800 or emailing: [adpinfo@moochurch.org](mailto:adpinfo@moochurch.org)**