



One-Hour Brain Awareness Programs Offered by CareSmart Illinois

Brain Matters: Alzheimer's? Maybe, Maybe Not. This interactive program will help participants understand normal age-related brain changes, causes of dementia symptoms (some can be reversed), and brain disorders like Alzheimer's. For anyone concerned about a loved one's brain health... and their own.

Brain Matters: Keeping the Engine Purring. This interactive program will present thinking and memory strategies that help to maintain independence and function. If you're concerned about a loved one's brain health... or your own... this program is for you.

Brain Matters: When Words Aren't Enough. This interactive program will help participants understand how thinking and memory challenges can affect a person's ability to communicate with others. Participants will also learn strategies for improving communication and reducing potential behavioral concerns. For anyone with a friend, loved one, or acquaintance with communication challenges.

Brain Matters: Supportive Home Environments. This interactive program will help caregivers create a home environment that is a safer and more supportive for the person with cognitive challenges... and helps to reduce caregiver stress.

Holidays in a Time of Dementia. The holidays can bring many hours of enjoyment with family and friends, but they can also be a challenging time for families when a loved one with Alzheimer's disease or other dementia. This interactive program will offer tips and strategies that can help the holidays be as stress-free and enjoyable as possible for everyone.

Caregiving in a Time of Dementia. Impaired mental ability and daily function can create challenges for caregivers of a loved one with Alzheimer's disease or other dementia. This interactive program presents an overview of the dementia journey, effective caregiving strategies, and the importance of maintaining quality of life while placing a major focus on self-care and support.

1.5 Hour Brain Awareness Programs

Brain Matters: Aging and Change. This interactive program will help participants understand normal age-related brain changes, causes of memory and thinking challenges (some can be reversed), and brain disorders like Alzheimer's. Participants will also learn support strategies that can encourage the retention of abilities and independence. For anyone concerned about a loved one's brain health... and their own.

Creating Brain-Friendly Environments. This 1.5-hour interactive program will focus on the ways in which supportive communication strategies and physical environments can enhance the quality of life for a person with memory or thinking problems.

Caregiving in a Time of Dementia. Impaired mental ability and daily function can create challenges for caregivers of a loved one with Alzheimer's disease or other dementia. This interactive program presents an overview of the dementia journey, effective caregiving strategies, and the importance of maintaining quality of life while placing a major focus on self-care and support.

All programs are presented by Christine Damon, the Executive Director of CareSmart Illinois. Christine, a gerontologist and three-time family elder caregiver, also teaches gerontology at Columbia College of Missouri. Additional professional experience includes national dementia training, geriatric care management, dementia care, care transitions, user-friendly environments, support group facilitation, and family education. Chris holds Master's degrees in Adult Education and Family and Consumer Sciences (gerontology focus); she is also a Certified Aging-in-Place Specialist. For further information, please contact Chris at 847-596-8226 or chris@caresmart.org.