

Caring for someone with a developmental disability who exhibits symptoms of Alzheimer's disease? The Arc San Francisco invites you to participate in our telephone support group. Moderated by a staff member of the Alzheimer's Association, the group will discuss topics such as:

- Creating “dementia-friendly” environments
- How to remain safe at home
- Medical advocacy
- Changing yourself to change the outcome
- Rethinking expectations
- Maintaining self-care skills
- Your questions and concerns

Co-Sponsored by:



Starts:

Thursday, January 18, 2018

Date:

Call-in support is available the
3rd Thursday of each month

Time: 6–7 p.m.

> **Groups are by invitation and are limited to 12 participants to allow everyone an opportunity to talk and ask questions.**

> **For more information contact
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