

Calgary Chinese Elderly Citizens' Association



CARERS Program™

**Coaching, Advocacy, Respite, Education, Relationship
and Simulation®**

A program for caregivers who provide care to a family member who
has been given a diagnosis of dementia



Content

**Lead by trained
facilitators using
Problem Solving
Therapy and
Simulation, you will:**

1. Learn practical strategies and skills to cope with individual care-giving issues

2. Learn to manage complex emotions and stress

3. Develop meaningful support with peers

* *Assessment of caregiver is required prior to enrolment.*

* *Concurrent interest group for care recipients*

Date: **April 12 to June 14** (every Wed, total 10 classes) Cantonese

April 21 to June 23 (every Fri, total 10 classes) Mandarin

Time: **9:30 – 12:00**

Location: **Calgary Chinese Elderly
Citizens' Association
(111 Riverfront Avenue S.W.)**

Fee: **\$10 (per family)**

Inquiry: **403 269 6122 (Ms. Tracy Wong)**

Partner:  **Mount Sinai
Hospital**
Sinai Health System
Joseph & Wolf Lebovic
Health Complex

Funder:  **Alberta Health
Services**



卡城華人耆英會

「照顧腦退化家人訓練」

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內容

由小組輔導員帶領，應用「問題解決治療法」及模擬患者的個案演繹：

1. 加強處理個別照顧情況的應對能力和信心
2. 學習管理關顧者的獨特情緒困擾
3. 改善人際互動技巧
認識同路人

* 參加小組前須進行個別照顧者需要評估。

* 同時提供腦退化症患者小組，節目豐富。

日期： **2017年4月12至6月14日**
(逢星期三，共十課) 粵語
2017年4月21至6月23日
(逢星期五，共十課) 國語

時間： 上午**9時30分**至中午**12時**

地點： 卡城華人耆英會 (**111 Riverfront Avenue S.W.**)

費用： **\$10** (每家庭)

查詢： **403 269 6122** (黃佩芬小姐)

合辦機構：



撥款機構：

