

After a Diagnosis: I'm More Than a Symptom

In this session you will hear from a variety of people who have or are currently on a journey with some form of dementia. Each knows what it feels like and can look like. Come listen to those with dementia, their care partners and/or business professionals. Each will give great insights and resources to live fully with a diagnosis of dementia. Walk away with resources, while feeling connected and hopeful.

Krisie Barron is a Licensed Social Worker and Caregiver Specialist who practices extensively in supporting Family and Professional Caregivers. Through her ongoing education, 20 years of experience in Long Term Care, Home and Community Based Services, Hospice and her own personal journey as a Caregiver for her husband, she brings a unique and all-encompassing outlook and understanding of supporting Caregivers as well as being supported.

Title of Program:

Navigating the Caregiver Journey Everything Changes... Thoughts, Feelings, Actions Giving yourself the gift of knowledge allows you to be in charge of the journey you're on, instead of being at the mercy of it.

You will learn:

- Guilt is not a necessary part of caregiving and generally comes from feeling we are not doing enough. What is enough?
- Grief and loss are not something we automatically think of through the journey. When we don't understand the feelings that come with all the changes, we are likely to beat ourselves up.

PAC skills to make your days easier!

My Way Support Guide

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Janelle Johnson is a dementia trainer and program developer who has been working in this field for 30 years and is a passionate advocate for those with dementia and their families.

Title of Program:

The Importance of Life Story as a tool for living life well.

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