

Have *more* great days with your loved one!

I'll show you how to create "memory care" in your own home, using the same techniques the pros are trained to use—AND get even better results (without adding meds!)



## The Memory Care at Home Workshop

Peace. Harmony. Ease. Connection. JOY.

Life really can be that way with your loved one with dementia. You don't have to wait to start using memory care "secrets" right now! Join us at the workshop, where you'll:

- Learn skills and techniques that really work.
- Meet others who understand, because they're in a similar situation.
- Be surrounded by love and support.
- *Step into the life you and your loved one deserve!*

I learned the hard way, but you don't have to....

My first day as a professional 18 years ago, I got hit upside the head and knocked on my butt—all before lunch!

I didn't really know what I was doing because no one gave me a list of do's and don't's. That awful first day forced me to figure out what worked and what clearly didn't.

**Dementia lasts anywhere from 2 to 20+ years. That's an eternity to struggle with trial and error**, to cross your fingers and hope for the best, or to feel like you've lost control of your life.

The good news is, **you don't have to figure it out on your own!** I already did, and I'm happy to show you what I've learned.

- I'll show you **why arguing doesn't work—and what to do instead**.
- Explain how we fall into the trap of arguing—and a mindset shift that will keep you out of that trap.
- Give you **exact strategies for how to avoid arguments**, AND how to communicate with your loved one in a way that makes sense to them.
- Explain **what's really going on when your parent or partner is “lying,” in “denial,” or “having behaviors.”** You may be shocked when you find out (...and then facepalm when it suddenly makes such obvious sense to you).

We'll also cover a whole bunch more in this introductory workshop:

- Find out what to expect in the process, like **what's normal (and what's not)**.
- Distinguish the difference between a 5-alarm fire and what just feels like one in the moment.
- **The best way to manage a total meltdown** (and what will absolutely, positively make it much worse).
- **How to get off the hamster wheel of crisis management** and create a plan for both right now and in the future. (Plus, who to include—and exclude!—in your plan.)
- All the ingredients you need to **create an awesome day with your loved one**, day after day.

[Register now](#)



You are an amazing girl, Christy! Such great advice and common sense ideas to help people! I'll be happy to be quoted and stand on the rooftop and tell the world what a friend you are to people dealing with dementia!--**Mary Reitan**, Woodburn OR

I enjoyed your class immensely. I found it to be very informative. I appreciate the advice that was given and plan to use it. I knew what dementia did but I wasn't fully aware of the details. You're an amazing instructor and I hope that you continue to educate others. It was a pleasure! ?--**L.L.**, Keizer OR

You managed to make a difficult and serious subject fun and lighthearted. You obviously have a unique and creative mind when it comes to dealing with dementia. Those who glean your secrets and the loved ones who are the beneficiaries of those skills are truly blessed.--**J.G.**, Woodburn OR

### *As Seen, Heard, & Warmly Received At:*



# What to Expect

You'll get a workbook, but we'll also use:

- Scripting
- Role Play
- Behavioral Rehearsal

So wear comfortable clothes. No need to be distracted by Spanx cutting you in two or dress shoes creating a corn on your pinkie toe.

And please be sure to bring your favorite childhood photo of your person, and yourself. Framed photos are fine. We'll use the photos, but we won't be manipulating them in any way.

This event is specifically for family care partners. Sorry, respite care is not available, and it's not appropriate for people living with dementia to attend.

I want everyone who attends to have an awesome experience. That includes having plenty of access to me in a way that just won't happen if it's a big event. So seating is limited; take a moment to [reserve your spot now](#).

## Details

- Saturday, May 4, 2019, 9 am – 5 pm (Doors open at 8:30 for check-in)
- Los Angeles Airport Marriott, 5855 W Century Blvd, Los Angeles, CA 90045
- Easy parking and ADA compliant
- Workbook, snacks, and beverages provided
- Lunch on your own
- Just 197 per person (pay in full, or make two payments of 98.50 each). Tickets are non-refundable, but transferrable in the event you can't make it.

[Grab your seat now](#)

Questions? Contact [Christy@DementiaSherpa.com](mailto:Christy@DementiaSherpa.com).