



「照顧腦退化家人訓練」 CARERS Program™

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

A program for caregivers who provide care to dementia family member

Content 內容

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

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

* Assessment of caregiver is required prior to enrolment.

* Concurrent interest group for care recipients

* 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

Date 日期： April 12 to June 14, 2017 (every Wed, total 10 classes) Cantonese
2017年4月12至6月14日 (逢星期三，共十課) 粵語
April 21 to June 23, 2017 (every Fri, total 10 classes) Mandarin
2017年4月21至6月23日 (逢星期五，共十課) 國語

Time 時間： 9:00 a.m. – 12:00 p.m.

Location 地點： Calgary Chinese Elderly Citizens' Association
卡城華人耆英會 (111 Riverfront Avenue S.W.)

Fee 費用： \$10 (per family 每家庭)

Enquiry 查詢： 403 269 6122 (Ms. Tracy Wong 黃小姐)