



Positive Family Holidays

When you're caring for an elder, and especially someone living with dementia, the noise and busyness of family visits can be challenging. This year will be even more stressful with our need to stay safe and healthy.

We'll talk about what you can do to host a positive visit for everyone, whether it's in-person or virtually. This discussion will give you the tools to:

- Gauge the sensory and engagement capacity of your loved one.
- Create the best physical environment for a positive visit.
- Prepare your guests to have realistic expectations, and to ask for their support.

FREE VIRTUAL CLASS

Tuesday, December 8th

1pm—2:15pm

Register at register.bellevuewa.gov to reserve your spot.

Facilitator: Kathleen Landel, The Caregiver Coach, is a Positive Approach® to Care Certified Independent Trainer, Consultant and Coach, and works nationally with dementia expert Teepa Snow as a PAC Mentor. Kathleen has over a decade of experience as a family care partner.

For alternate formats, interpreters, or reasonable accommodation requests please phone at least 48 hours in advance 425-452-7681 (voice) or email abrugg@bellevuewa.gov. For complaints regarding accommodations, contact City of Bellevue ADA/ Title VI Administrator at 425-452-6168 (voice) or email ADATitleVI@bellevuewa.gov. If you are deaf or hard of hearing dial 711. All meetings are wheelchair accessible.