

## Grief Support Services

Individuals living with dementia experience much more than memory loss. They may exhibit deficits in other areas such as verbal communication, comprehension, and motor skills. As the disease progresses, help with eating, grooming, dressing, and toileting usually dictate a need for 24/7 care. Understandably, many family caregivers find themselves feeling frustrated and exhausted. Hope Hospice created our Living with Dementia program to address many of the challenges that family members face when caring for a loved one living with dementia. All Hope staff and patient-facing volunteers are trained in dementia care so that they can provide specialized attention to our patients and guidance to their care partners.

### Specialized guidance

Hope's certified dementia specialists can help you understand changes that you observe in your loved one and learn how to make adjustments that improve the quality of life for you both. Education that Hope provides aims to help family caregivers:

- Understand the various ways that dementia affects the brain.
- Learn how behaviors become the primary form of communication and how to identify triggers.
- Find new ways to connect with their loved one as the disease progresses.

Some common areas of concern include agitation, hallucinations, paranoia, resistance to personal care or eating, sundowning, and wandering.

### Education

Any family member of our patients is invited to attend our caregiver classes (see below), which provide insight and tips on a range of topics related to caring for an aging loved one.

Sometimes, a family is experiencing care challenges that are very specific or personal and are better addressed in a private consultation to help the family develop strategies that address their unique problems. We can help you to understand the possible meaning behind the behaviors and give you tools to help you be more successful as a care partner.

Hope promotes non-pharmacological interventions as long as possible, and we believe education on new tactics in dementia care is the best solution to behavioral challenges. We'll help you develop a care approach that works best for your loved one.

You'll also find several helpful articles about dementia on our blog. Visit [HopeHospice.com/blog](http://HopeHospice.com/blog), and select "Dementia" from the tag list in the left panel.

### Community Programs

In addition to providing help to our hospice families, we also offer resources at no cost to family caregivers in our community. It's not required that your loved one is on our hospice service.

#### Family caregiver classes

Hope offers a year-round Family Caregiver Education Series with classes on a variety of topics of interest to individuals who care for a loved one with a life-limiting illness or chronic disabling condition. Several of these classes are focused on challenges in caring for a person living with dementia. View the schedule at [HopeHospice.com/family](http://HopeHospice.com/family) or call our office at (925) 829-8770.

#### Group seminars

Community groups, senior residential facilities, and other organizations that would benefit from dementia-care education may contact Hope Hospice to schedule a free seminar. Please contact Gia Barsell (925) 829-8770 or [giab@hopehospice.com](mailto:giab@hopehospice.com).