



# Town Hall Forum

## Stimulation, Structure and Routine: Creating Successful Caregiving Strategies for Those with Dementia

***An educational seminar for family caregivers featuring  
medical experts from the ActivCare Medical Advisory Board.***

Memory loss resulting from Alzheimer's disease and related dementias has a profound impact on the family. Join us for a morning session with Alzheimer's disease experts and learn how to empower and prepare yourself and your loved one.

**When:** Thursday, October 23, 2014  
9:00 am to 11:00 am  
*Continental Breakfast: 8:30 am*

**Where:** Hilton San Diego Resort & Spa (on Mission Bay)  
1775 East Mission Bay Drive  
San Diego, CA 92109  
*\*See directions on reverse side*

**Topics:** Learn about the importance of structure and routine when caring for a loved one with Alzheimer's or dementia. Discover how to create a successful living environment at home for those with dementia. Caregivers will also gain a better understanding of how those with dementia comprehend their environment and how to mitigate triggering events.

**RSVP:** Call 888-636-5677 or log onto [activcareliving.com](http://activcareliving.com)

**Free adult day care offered during the event at**  
The Glenner Memory Care Centers. Reservations are required at least one week in advance. Call the Hillcrest Center at (619) 543-4704.



**Presented by:**

  
**ACTIVCARE®**  
Residential Memory Care



*To RSVP, please log onto  
**ActivCareLiving.com**  
or call ActivCare at  
**1-888-MEM-LOSS***

\* This course meets the qualifications for two hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences (#PCE 646) and two hours of continuing education credit as required by the Board of Registered Nursing (CEP 9035). Must present license number and submit program evaluation to receive CEU certificate.

## **Directions to Hilton San Diego Resort & Spa on Mission Bay**

**From I-5 North:** Exit Clairemont Drive/Mission Bay exit and head west. Turn left onto East Mission Bay Drive and head south. Turn right into the Hilton San Diego Resort & Spa parking lot at 1775 E. Mission Bay Drive. Parking is free.

**From I-5 South:** Exit Sea World Drive and turn left to head west. Turn right on East Mission Bay Drive and continue north. Turn left into the Hilton San Diego Resort & Spa parking lot at 1775 E. Mission Bay Drive. Parking is free.

ActivCare Residential Memory Care  
9619 Chesapeake Dr., Ste 103  
San Diego, CA 92123

**Know someone with Alzheimer's?  
We can help!**