

# I Am a Caregiver – I Need Help Too

The Society for the Arts in Dementia Care  
invites expressions of interest from family caregivers  
to attend a workshop/retreat  
September 8-10, 2017  
Okanagan Lake Resort, Kelowna West  
2751 Westside Rd, Kelowna, BC V1Z 3T5  
(250) 769-3511



**Deadline for your expression of interest is June 30, 2017**

**Please submit to: The Society for the Arts in Dementia Care,  
#205 – 3609 30<sup>th</sup> Avenue, Vernon, BC, V1T 2E6  
Or e-mail: [dr.daliagt@gmail.com](mailto:dr.daliagt@gmail.com)**

**Successful applicants will be notified by July 15, 2017**

## ***About the event***

This event is sponsored by the Society for the Arts in Dementia Care and the Alzheimer's Society of Canada. It is designed for caregivers who need a break from their demanding responsibilities and an opportunity to learn ways to cope with difficult situations. We offer a subsidy of \$200 to the first 20 registrants to cover part of the entry fee into the 3-day workshop/retreat, and 2 nights' accommodation at the Resort.

## ***Who qualifies as a family caregiver?***

You care for a family member diagnosed with dementia who lives at home or in a care facility. Preference will be given to family caregivers, but formal (paid) caregivers can also apply.

## ***The event program***

The workshop program, designed and presented by professional therapists, includes practical topics such as useful coping strategies, lectures and group discussions. Successful applicants may enjoy meals and socialize with other caregivers, sharing their experience of caring for someone with dementia. The retreat includes therapeutic music and art, yoga, and gentle physical activities that can refresh and replenish flagging energy.

## **In your expression of interest, include the following:**

- Your name and contact details (phone and e-mail)
- Your relationship to the person living with dementia
- Name of the person you care for and how long you have been doing it
- Explain the reasons why this workshop/retreat will benefit you

A letter of support from a medical practitioner and/or a Director of Care would be beneficial

**For privacy, all expressions of interest will be reviewed in strict confidence by a committee composed of the Society's Directors. Successful applicants can choose whether to release their name for limited promotional purposes.**