

## Workshop Information

**Cuidando Con Respeto** is a program for Spanish speaking families caring for a family member with Alzheimer's disease or some other form of memory loss. This is a four hour workshop that meets twice. The techniques taught are very similar to those in the Savvy Caregiver program, but they have been customized to be culturally relevant to Latino families. The Cuidando workshop leaders are bilingual and also have extensive experience in working with family members caring for persons with Alzheimer's disease and other forms of dementia.

## What you will learn

- Strategies for managing daily life;
- Tools to assess what your family member with dementia can and cannot do and how to adjust your care giving approach accordingly;
- Ways to effectively deal with difficult behavior; and
- How to take care of yourself as a caregiver.

## Quotes from Participants

*“Están muy bien las clases, en realidad quisiera que los dieran más frecuentemente, estoy muy satisfecha.”* TRANSLATION: *“The classes are very good. I wish they would offer it more frequently. I am very satisfied.”*

*“La gente fue muy amable, muy clara y puestos a la realidad. Los anécdotas que dieron eran reales y pudimos entendernos y ayudarnos a todos.”*

TRANSLATION: *“Facilitators were friendly, clear and in tuned with reality. The anecdotes used were very real, it helped us learn and help each other.”*

*“Hacen un buen trabajo y sí ayudan a uno. Le recomiendo las clases a otras personas porque ayuda mucho con el estrés.”* TRANSLATION: *“The classes are well done, and they do help. I would recommend the program to others because it helps with stress.”*