

FALL 2024 CAREGIVER SERIES



IMPROV FOR CAREGIVERS

A communication workshop series for those who care for loved ones with Alzheimer's and dementia



Caregiving for someone with Alzheimer's or dementia can be overwhelming, lonely, and difficult. The Barn Playhouse and Lake Sunapee Region VNA & Hospice are supported in part by a grant from the New Hampshire State Council on the Arts and the National Endowment for the Arts to continue FREE monthly events that connect caregivers and help them navigate different circumstances. The sessions combine insights from health care professionals with improvised scenarios where actors navigate common caregiving situations onstage.

The series aims to help caregivers develop new communication skills, strategies to cope with stress, flexibility in relationships, and an understanding of loved ones' changing perspectives. Attendees are welcome to participate in discussions and scenarios, or they may remain an observer.

OCTOBER

Improvised scenarios with guest speaker Lynne Neuwirt, VNA Occupational Therapist
Topic: Differences between the types of dementia & corresponding care strategies

Wednesday, Oct. 9

10:30am–Noon

Location:

Barn Playhouse Fleming Center

NOVEMBER

Improvised scenarios on the topic of navigating holidays while caring for loved ones with dementia.

Tuesday, Nov. 5

10:00–11:30am

Location:

Granite Ledges in Concord

DECEMBER

Improvised scenarios on the topic of caring for those with dementia in various stages, from early diagnosis to late stage care.

Tuesday, Dec. 3

10:00–11:30am

Location:

Upper Valley Senior Center in Lebanon

**Visit nlbarn.org/adult-learning to register. Admission is FREE.
Sign up for one or all sessions. Contact sage@nlbarn.org with questions.**