

DementiaConnect™

**Education and
Consultative Services
of UPMC Senior Services**

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**For details and to register,
use the hyperlinks or scan
the QR code below.**

Foundational Series

Focused topics

- [Elder Abuse and Neglect](#)
- [Home and Technology Safety](#)
- [Advance Directives](#)
- [Navigating Community Resources](#)



Program at a glance: DementiaConnect™ is an education program designed for family members, friends, and other informal care partners of individuals living with dementia. Sessions focus on understanding brain changes, improving communication, preventing challenges, and supporting both the person living with dementia and those who care for them.

Foundational Series

The **Foundational Series (Sessions 1-6)** is a progressive program. Each session builds on the one before it, helping care partners develop a strong, connected understanding of dementia. Participants gain a broad foundation in brain changes, communication, behaviors, and practical caregiving strategies.

Session 1: Normal Aging versus Dementia

Learn the difference between typical age related changes and changes caused by dementia. We'll review common types of dementia and what care partners may notice over time.

Session 2: What's Happening in the Brain

Explore how dementia affects the brain and why daily tasks, communication, and reactions change. This session helps care partners connect brain changes to what they see day to day.

Session 3: How a Person Living with Dementia Takes in Information

Learn how dementia changes the way a person sees, hears, and processes information. Care partners will explore simple ways to reduce confusion and support understanding.

Session 4: Connecting Through Strengths and Abilities

Discover practical communication and care strategies that focus on what a person with dementia can still do. This session emphasizes non-verbal communication, retained abilities, and adapting your approach over time.

Session 5: Understanding and Responding to Behaviors

Behaviors are often a form of communication. Learn how to identify unmet needs, reduce triggers, and respond using a team-based, person-centered approach.

Session 6: Caring for Yourself as a Care Partner

Caring for someone with dementia affects the whole support system. This session focuses on resilience, communication, boundaries, and building sustainable support for yourself.

continued

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Focused Topics

Focused Topic sessions address specific areas of interest, such as elder abuse, advance care planning, home safety, and community resources. These sessions may be attended **individually and independently**, regardless of whether someone has completed the foundational series.

While attendees are encouraged to take the full series, the foundational sessions are not required to attend other offerings.

Elder Abuse and Neglect

People living with dementia are at higher risk for abuse, neglect, and self-neglect. Learn how to recognize warning signs and understand when and how to seek help.

Home and Technology Safety

Explore ways to create a safer home environment that supports independence and dignity. We'll also discuss technology, how it can help, and what risks care partners should watch for.

Advance Directives

Advance directives help ensure a person's wishes are respected. This session explains what they are, why early conversations matter, and how preferences can be revisited over time.

Navigating Community Resources

Learn how community resources can strengthen support and help maintain independence. This session focuses on where to start and how to avoid common barriers.

For more information, visit SeniorServices.UPMC.com or contact 1-866-430-8742.