

**BIG Little Science Centre Lecture Series**  
**Sponsored by the Kiwanis Club of Kamloops**

**Spring Lectures about Dementia**  
**Alzheimer Society of British Columbia**

Thursday, April 25	Understanding Dementia
Thursday, May 23	Understanding Communication
Thursday, June 27	Understanding Behaviour and Personal Planning

Please **pre-register** to ensure these lectures go ahead: call 250-554-2572, or email [susan@blscs.org](mailto:susan@blscs.org).

**Doors open at 6:00; lecture starts at 6:30pm.**

At 655 Holt Street.

For older children and adults. Entry free or by donation. Refreshments provided.  
Contact 250-554-2572 or [susan@blscs.org](mailto:susan@blscs.org) for more information and to pre-register.

Presented by Tara Hildebrand, the Support and Education Coordinator for the Alzheimer Society of B.C. Tara worked for many years in long-term care providing recreation therapy to individuals with all types and stages of dementia. She now works for the Alzheimer Society, providing families with support, information and education. Her degree in education has been very beneficial when facilitating education sessions about dementia, and consequently helping to improve the quality of life of caregivers, families and the person with the diagnosis.

**Understanding Dementia**

Participants will receive basic information about dementia and the impact this disease has on the individual, caregivers, and families. Through an exploration of how dementia affects the brain and behaviour across the progression of the disease, caregivers will learn what to expect throughout the journey with dementia.

**Understanding Communication**

Caregivers will gain an understanding of how communication is affected by Alzheimer's disease and other dementias. They will also have the opportunity to explore effective ways of facilitating communication and providing support to the person with dementia.

**Understanding Behaviour and Personal Planning**

Changes in the brain due to Alzheimer's disease or another dementia often appear to us as changes in the person's behaviour. Learn how behaviour is a form of responding and explore ways to decrease the occurrence of behaviours that concern us. Learn the importance of early planning, review the documents that need to be considered and look at strategies to ensure the person living with dementia's wishes are honoured.

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**BIG Little Science Centre is open year round: Tuesday to Saturday, 10am to 4pm**

BIG Little Science Centre is a not-for-profit, registered charity, dedicated to creating a passion for science.  
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