

Summer Safeguard

Navigating Dementia Care with Confidence



Join us for a special event tailored for those caring for a person with dementia. We will provide essential tips and strategies for planning a safe and enjoyable summer that ensures the well-being of your person. Learn how to navigate traveling, sun exposure, heat and water safety with confidence. Explore hydration techniques and ideas for indoor activities to keep those with dementia engaged and comfortable. Don't miss this opportunity to gain invaluable insights and support for a fulfilling summer ahead.

Speaker: Jan Dougherty, MS, RN, FAAN

President, TravALZ, LLC

Jan is a nursing expert and leader in dementia care. She crafts innovative programs to support people living with dementia and their family caregivers. Jan is on the forefront of the Dementia-Friendly Community movement and Dementia-Friendly Airport efforts at Phoenix Sky Harbor. Her book, "Travel Well with Dementia: Essential Tips to Enjoy the Journey," offers a guide to support travel for people with dementia and their families.



Speaker: Maribeth Gallagher, DNP, PMHNP-BC, FAAN

Dementia Program Director

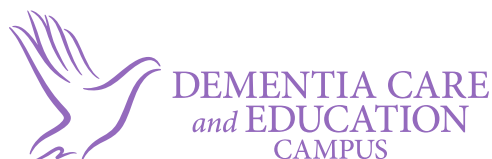
Maribeth is a board-certified psychiatric nurse practitioner with a doctoral degree in Nursing. She serves as director of Hospice of the Valley's Dementia Program. Her commitment to improving dementia care was initially inspired by her own experiences as a family caregiver, sharing the journey with her loved one with dementia from diagnosis to death.



Thursday, April 24 • 9:30–11:30 a.m.

Dementia Care and Education Center
3811 N. 44th St., Phoenix AZ 85018

RSVP: events@dementiacampus.org or (602) 767-8300



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An innovation of Hospice of the Valley