

Drawing ON Strengths

You do NOT have to face dementia alone



NOW WHAT AM I SUPPOSED TO DO?

Have you recently been diagnosed with dementia?

Are you frustrated because you can't find help that addresses your needs in the early stages of dementia or as someone with early onset dementia?

Do you wish you could make a real connection with services and programs that value **meaning** and **purpose** over simpler, time-filling "activities"?

Do you feel ill equipped or uncertain about how to cope with your emotional reactions to this diagnosis?

Are you worried or fearful about how dementia will affect your relationships?

Would you like to find a way to express your fears, sadness and concerns, gather some tools and resources, and continue to live with meaning?

Introducing "*Drawing on Strengths*"
A 3 month, Dementia Support Program

Work through your emotions about your dementia diagnosis, and emerge feeling connected, creative and capable!

You are vibrant, interested in quality of life and accustomed to days of purpose and lives filled with meaning, what are you supposed to do now?

I have a strengths based program to help you answer that question. Follow this 5 step system to give you the tools you need to :

- safely and effectively express your feelings, even those that may seem overwhelming or hard to put into words (hint: we don't always need words!)

- identify those personal strengths and inner resources that you already have (you know, the one's that got you through all those years of raising children, sustaining marriages or building proud careers)

- communicate with those who care about you and will be caring for you so you can address your fears, share your worries and be assured your voice is heard

- continue to create meaningful moments in your life and with your loved ones

- remain actively engaged in meaning filled processes that provide an emotional outlet, excite many senses at once, and can even help slow down the disease process by providing needed intellectual stimulation

An important component of this program is **ART**. We will use simple, effective art activities to express feelings, illustrate strengths, and preserve memories. Don't worry! No need for artistic experience or skill here.

As a board certified art therapist I am an expert at helping people use art and images to clarify problems, express thoughts and feelings not easily conveyed in words, and consider new solutions.

Art provides a wonderful, tangible record of your thoughts and

feelings, it's like an externally stored memory!

It also introduces an element of joy and pleasure as we enjoy the sensory experience of the art materials, and the permission to play and be creative.

You will also find that the creative process, producing something from raw materials, is a powerful reminder of enduring strengths and abilities, sometimes revealed to the surprise of even the artist (that's you!).

Not to mention the confidence boost of seeing your completed creation, and the valuable intellectual stimulation, which can also work to keep the brain actively engaged and slow the progression of dementia symptoms.

How is the Program Structured?

Over the course of three months:

Month One

Four weekly individual sessions (60 minutes)

Month Two

Two bi weekly individual sessions (60 minutes)

Two bi weekly 30 minute support calls (via telephone)

Month Three

Two bi weekly individual sessions (60 minutes)

Two bi weekly 30 minute support calls (via telephone)

TOTAL of: 8 individual sessions (60 mins.)

4 support calls (30 mins.)

1 Strength Sharing Session (75 mins.)

BONUS! Strength Sharing Session- One hour long session with you and up to two caregivers to share with them all you have learned during our three months together. Ensure they understand your feelings, hear your worries, and recognize those strengths that you will be relying on to move forward.

Additionally, to ensure you receive the highest benefit and have access to quality art materials, I will include a kit with all the art supplies you will need during our work together.

You will want to be able to refer back to the images you create, and many times these become treasured memories for you, your family, friends and loved ones. You can store them in the provided portfolio, also included in your program.

Please note, I will travel to your home for all in person sessions so that you can avoid traffic or finding a new location and never let any difficulties with driving get in the way of our work together. I have cleared morning hours to work exclusively with members of this program so you can also be assured that I can schedule sessions at a consistent, easy to remember time that can be chosen based upon the time of day when you feel you are at your best.

Structuring the program in this way, and providing these extra bonuses, provides you with a potent combination of sessions, support and supplies so you and your loved ones can begin to experience relief from the isolation of dementia and the weight of your fear and sorrow **NOW**. Add to this powerful combination your commitment to continue the meaningful life you have always enjoyed and you **WILL** move forward. ***Its time to draw on your strengths!***

To get started, schedule a **FREE 30 minute consultation** or “See *Your Strengths*” call.