



Corinne Trenholm, OTR/L



**For Info Call (702) 364-2273
Toll Free (844) 850-5113**

**Adult Day Care Centers
of Las Vegas and Henderson
901 N. Jones Blvd., Las Vegas, NV 89108
(702) 648-3425
1201 Nevada State Dr., Henderson, NV 89002
(702)368-2273
www.nevadaseniorservices.org**

Nevada Senior Services is a nonprofit organization operating the Adult Day Care Centers of Las Vegas and Henderson and numerous community programs for seniors, caregivers and those living with disabilities.

Skills₂Care® is a program from Jefferson College of Health Professions made available through the support of Nevada Aging and Disability Services Division.



“There are only four kinds of people in the world – those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need caregivers.”

- Rosalynn Carter

FOR DEMENTIA CAREGIVERS



Skills₂Care®

CARING FOR A LOVED ONE WITH ALZHEIMER'S DISEASE OR DEMENTIA?

Call
(702) 364-2273
(844) 850-5113 Toll Free

Help... Hope... Support.

Compassion, Care, Safety & Understanding



About Skills₂Care[®]

Caring for individuals with dementia can be difficult. Skills₂Care[®] is a program to help caregivers manage more effectively. In this program, a Skills₂Care[®] Occupational Therapist (OT) visits the home of the person with dementia to learn about care challenges and evaluate the home environment. The OT then develops and helps implement a set of strategies that are customized to address the unique needs of each individual.

Skills₂Care[®] Provides:

- **Understanding of dementia and its impact on families**
- **Tools for effective communication**
- **Simple strategies to manage challenging behaviors**
- **Individualized home safety plans**
- **Self-care and coping techniques to reduce stress**
- **Techniques to engage in meaningful activities**

Skills₂Care[®] (Resources for Enhancing Alzheimer Caregiver Health)

Skills₂Care[®] is a FREE program for family caregivers of persons with Alzheimer's disease or other forms of dementia

Skills₂Care[®] provides evidence-based education, a focus on safety for the patient, support for the caregiver, and skills building to help caregivers manage difficult patient behaviors and decrease their own stress.

Skills₂Care[®] is a tailored, one-on-one, caregiver support and educational program consisting of at least 5 individual sessions in the home and by telephone.



Skills2Care[®] is a Trademark of Thomas Jefferson University. Skills2Care[®] is funded through a grant from Nevada Aging & Disability Services Division. The artwork that appears in this brochure was provided by participants in the Creative Arts Program at the Adult Day Care Centers of Las Vegas & Henderson.