



To schedule a session, contact [dementiafriendlycolorado@gmail.com](mailto:dementiafriendlycolorado@gmail.com)

**Dementia Friendly Denver  
Presents**

## ***Dementia Caregiving 101***

Dementia Friendly Denver is an affiliate of Dementia Friendly America, a not for profit, volunteer-based initiative announced at the White House Conference on Aging in 2015. Our mission is to make communities across the nation more dementia friendly, reduce dementia stigma, and improve the quality of life for those living with Alzheimer's disease and other dementias and their family care partners. Dementia Friendly Denver offers free one hour dementia education programs at no cost to government, business, academic, community, and faith groups throughout the Denver area.

*Topics include:*

What's new in the field of Alzheimer's/dementia – there is hope!

Caregiving basics, skills, and resources

Emotions of caregiving and stress management

Family dynamics and long-distance caregiving

Self-care and respite

Care options

Advance planning

Hands-on caregiving

Communication and interaction skills

Challenging behaviors

Acute care tips

Travel and special occasions

Safety and emergency planning



Presenter – JJ Jordan

*After a corporate management career at IBM and McKinsey & Co., JJ Jordan reinvented herself in the field of Alzheimer's/Dementia after three of four parents in her immediate family were diagnosed with the disease. She was their family caregiver for 16 years.*

*JJ is the CEO of the Jordan Consulting Group, where she lectures, teaches, and consults on dementia topics. She is also an associate with a business psychology firm, serving as their client dementia coaching and training provider. JJ also sits on the Dementia Advisory Board for the Colorado Department of Health.*

*JJ is the volunteer Community Chair for Dementia Friendly Denver. She was recognized by AARP in 2019 with their Community Partner Award for her dementia education work. She has also been a volunteer for the Alzheimer's Association's for 20 years. She recently served a six-year term on their Board of Directors and currently serves as a Community Educator and as their Public Policy Ambassador to Capitol Hill, where she addresses Congress regarding dementia research funding and legislation.*

**[dementiafriendlydenver.org](http://dementiafriendlydenver.org)**