

# Down Syndrome and Dementia Family Caregivers Virtual Support Group



Caring for someone with Down syndrome who exhibits symptoms of Alzheimer's disease or a related dementia? The Down Syndrome Connection of the Bay Area and the Alzheimer's Association invites you to participate in our monthly virtual support group. The group will discuss topics such as:

- Creating "dementia-friendly" environments
- How to remain safe at home
- Medical Advocacy
- Changing yourself to change the outcome
- Rethinking expectations
- Maintaining self-care skills
- Your questions & concerns

**3rd Thursday  
of the month  
6:00-7:00 p.m. PT**

**To join please contact  
Marianne Iversen at  
Down Syndrome Connection of  
the Bay Area**

**Marianne@dscba.org  
(925)362-8660 x103**