

**UAMS News Bureau**

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**Dementia Care Workshop for Family Caregivers  
To be held May 23 in Jonesboro**

LITTLE ROCK – The Schmieding Home Caregiver Training Program of the University of Arkansas for Medical Sciences (UAMS) is offering a free Dementia Care Workshop May 23 in Jonesboro for family members who are providing unpaid care for an older adult with dementia.

The workshop will be held from 11 a.m. - 3:30 p.m. at Total Life Healthcare, 505 E. Matthews. Space is limited, and registration is required. To register, call 870-207-7600.

“Learning helpful ways to support and care for someone with dementia can be very important in relieving caregiver stress,” said Linda Willey, R.N., coordinator of the Schmieding Home Caregiver Training Program in Jonesboro. “This program provides family caregivers with information on better ways to communicate, why some behaviors are challenging, nutrition tips, and activities while maintaining dignity and quality of life.”

Family caregivers include anyone who helps with care, including managing a family member’s medications, talking to doctors and nurses on their behalf, or simply preparing their meals and doing a few household chores.

About 80 percent of Arkansas’ older population who are still living in their home depend on family and friends for assistance. Dementia care at home can become more and more challenging. A better understanding of the disease may help families care for their loved one.

The workshop is supported in part by grants from the Donald W. Reynolds Foundation and the Geriatric Workforce Enhancement Collaborative at UAMS.

UAMS is the state’s only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main

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campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. It is the only adult Level 1 trauma center in the state. UAMS has 2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit [www.uams.edu](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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