

**UAMS News Bureau**

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**News Release**  
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**Dementia Care Workshop for Family Caregivers  
to be Held Oct. 17 in Little Rock**

LITTLE ROCK – A free Dementia Care Workshop will be offered Oct. 17 in Little Rock for those who would like to learn about caring for an adult with dementia or Alzheimer’s disease.

The workshop, which is open to the public, will be held 11 a.m.-1 p.m. at Pulaski Heights United Methodist Church, 4823 Woodlawn Ave, Room C326. For more information or to register, please call 501-664-3600 or email [bvillines@phumc.com](mailto:bvillines@phumc.com). Lunch is provided. Space is limited.

The program is sponsored by the Arkansas Geriatric Education Collaborative of the University of Arkansas for Medical Sciences (UAMS) and AARP. The collaborative is funded by a Health Resources and Services Administration grant of \$3.7 million for a Geriatrics Workforce Enhancement Program.

Taught by UAMS’ Laura Spradley, the workshop will present an overview of dementia and Alzheimer’s disease and provide caregiving tips.

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.

AARP is the nation’s largest nonprofit, nonpartisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. With nearly 38 million members and offices in every state, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what

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matters most to families with a focus on health security, financial stability and personal fulfillment. AARP also works for individuals in the marketplace by sparking new solutions and allowing carefully chosen, high-quality products and services to carry the AARP name. As a trusted source for news and information, AARP produces the world's largest circulation publications, AARP The Magazine and AARP Bulletin. To learn more, visit [www.aarp.org](http://www.aarp.org) or follow @AARP on Twitter and AARP Arkansas on Facebook.

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 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. *U.S. News & World Report* named UAMS Medical Center the state's Best Hospital; ranked its ear, nose and throat program among the top 50 nationwide; and named six areas as high performing — cancer, colon cancer surgery, heart failure, hip replacement, knee replacement and lung cancer surgery. 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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