

# CAREGIVER CONNECTIONS

## AN EDUCATIONAL WEBINAR SERIES

### Innovative Tools and Strategies to Reduce Stress Experienced by People Living with Dementia

**Tuesday, December 14th from 1-2 PM EST**

People living with dementia often experience and respond to stress differently than people without dementia. Unmanaged stress can result in challenging symptoms like agitation, anxiety, and poor sleep for the person diagnosed, which can also impact the well-being of the caregiver and their ability to provide care. This presentation will detail several tools and strategies that can be used in the home to help manage stress experienced by a loved one with dementia, including:

- Light therapy
- Weighted blankets
- Animatronic pets

### Melissa Harris, PhD, RN, Duke School of Nursing



Melissa Harris is a registered nurse and research fellow at Duke University. Her research focuses on stress experienced by people living with dementia and their families, more specifically she is interested in developing and testing innovative tools to help reduce stress and promote well-being for families living with dementia.

**Can't attend the live event? Don't worry, all Caregiver Connections webinars are recorded and links to presentations will be available on our [website](#), along with information on upcoming events.**



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