



## U-First!® for Healthcare Providers

COST:  
**\$80**

U-First!® is an innovative and unique training program that helps frontline staff to develop a common knowledge base, language, values and approach to caring for people living with dementia and other cognitive impairment by:

- Understanding the person living with dementia and associated behaviour changes and
- Working as a team to develop individualized support strategies

### Benefits of U-First!®:

- Identify supportive care strategies
- Increased awareness of the causes of responsive behaviours and how to respond in a safe and helpful way
- Feel more confident in caring for someone living with dementia or other cognitive impairment
- Increased teamwork with other staff
- Reduce stress and increase job satisfaction for you and for others on the team

### Online Zoom Workshop

- Live facilitated workshop
- 6 hours
- Group activities & discussions
- Includes U-First!® Workbook & Job Aid Wheel

### Workshop details

Thursday, March 30, 2023  
8:00 AM to 3:00 PM

Register here:

<https://bit.ly/U-First30Mar>

For more information, please contact:

**Susan Oster, Public Education Coordinator**

**Alzheimer Society Southwest Partners**

Phone: (519) 680-2404 ext. 233

E-mail: [susan.oster@alzswp.ca](mailto:susan.oster@alzswp.ca)