

Announcing: Zoom Workshop Dementia Series

for Family and Friend Caregivers, Providers and Advocates
of Persons Living with Cognitive Impairment

Understanding Dementia Caregiving Challenges and Therapeutic Approaches to Caregiver Mental Health & Well-Being

Thursday, August 13, 2026, 10-11:30am, Hawai'i time

Advance Registration is required at this link:

https://www.eventbrite.com/e/understanding-dementia-caregiving-challenges-tickets-1995819114698?aff=oddtcreator&keep_tld=true

Presenters:



Dorothy Colby is a Certified Positive Approach to Care™ (PAC) Trainer and national Mentor, with more than 25 years of professional and personal experience caring for people with dementia and training caregivers. The PAC trainings created by Teepa Snow share dementia care techniques that provide essential information for unpaid and professional caregivers on how to have a positive and meaningful relationship with loved ones living with all forms of dementia. Dorothy is Director of Community Engagement for Hale Ku'ike Memory Care Homes at Nu'uuanu, Bayside & Pali locations.



Sara Tompkinson, LCSW is a retired social worker with the Department of Veterans Affairs, and the John A. Burns School of Medicine, Geriatric Workforce Enhancement Program, Social Work Instructor. She currently teaches Tai Chi classes for persons living with dementia, and is a certified Teepa Snow – Positive Approach to Care (PAC) Dementia Educator. Sara is also a secondary family caregiver for her father living with mild cognitive impairment.

Presenters will:

- Discuss possible causes and triggers for challenging behaviors
- Examine dementia brain changes and how they affect behavior and communication
- Explore the role of Unmet Needs in dementia-related behaviors
- Describe the mental and physical risk factors for caregiver burden
- Examine the difference between internal and external caregiver burden
- Identify approaches to improve caregiver health, emotional well-being, and self-care

For questions about the workshops or help registering, contact: Jody Mishan (808) 295-2624 or jmishan@hawaii.rr.com



CATHOLIC CHARITIES
HAWAII
CIRCLE OF CARE FOR DEMENTIA



This project was supported, in part by grant number 90ADPI0108-01-00, from the U.S. Administration for Community Living, DHHS, Washington, D.C. 20201.