



THE EMPOWERED CAREGIVER SERIES

3rd Wednesdays at 10:00am

Wednesday, January 21

10:00am-11:30am

Building Foundations of Caregiving

Explore the roles of caregivers and the changes experienced. Learn about building a support team, community resources to assist & managing caregiver stress.

Wednesday, Feb. 18

10:00am-11:30am

Communicating Effectively with People with Dementia

Learn tips for communicating with people with dementia, enhance your ability to listen, adapt quickly & respond with empathy in unpredictable situations. Learn to encourage validation of a loved ones' expressions & emotions while fostering more meaningful & positive interactions.

Wednesday, March 18

10:00am-11:30am

Responding to Dementia-Related Behaviors

Explore common behavior changes and how they are a form of communication. Learn non-medical approaches to behaviors & recognize when additional help is needed.

Wednesday, April 15

10:00am-11:30am

Exploring Care & Support Services

This program examines how best to prepare for future care decisions and changes, including respite care, residential care, and end-of-life care.

Wednesday, May 20

10:00am-11:30am

Supporting Independence in Dementia

This session will focus on helping the person living with dementia take part in daily activities. Learn about providing the right amount of support while balancing safety, independence and managing expectations.