

THE EMPOWERED CAREGIVER

An education program presented by the Alzheimer's Association®

Pharr One Center, 1121 E. Nolana Loop, Pharr TX

4th Wednesday monthly, 5:30 p.m. - 6:30 p.m.



- ❖ **Wednesday, November 20, 2024 @ 5:30pm, Home for the Holidays, (Holiday Schedule)**
Caregivers may feel overwhelmed by maintaining traditions while providing care and adhering to safety precautions. We will share tips and ideas for safely enjoying time with family and friends during the holidays.
- ❖ **Wednesday, January 22, 2025 @ 5:30pm, Understanding Alzheimer's & Dementia**
This workshop will covers the basic information on the difference between Alzheimer's and dementia, stages, risk factors, and treatments.
- ❖ **Wednesday, February 26, 2025 @ 5:30pm, Managing Money: A Caregiver's Guide to Finances**
This evidence-based workshop helps caregivers understand the costs of caregiving and the benefits of early planning.
- ❖ **Wednesday, March 26, 2025 @ 5:30pm, Building Foundations of Caregiving**
This workshop explores the role of the caregiver and changes they may experience, building a support team and managing caregivers stress.
- ❖ **Wednesday, April 23, 2025 @ 5:30pm, Supporting Independence**
This workshop focuses on helping the person living with dementia take part in daily activities, providing the right amount of support, safety and independence while managing caregiver stress.



Visit alz.org/CRF to explore additional education programs in your area.



You may call the helpline for information or to register at 1.800.272.3900.

ALZHEIMER'S ASSOCIATION®