

EMPOWERED CAREGIVER SERIES FOR VETERANS

a collaboration of the Michael E. DeBakey VA Medical Center and the Alzheimer's Association

Join us for this free, virtual caregiver series for veterans who serve as caregivers, caregivers of veterans, and those who serve veterans in the community. Register for each session via the unique links provided below.

BUILDING FOUNDATIONS OF CAREGIVING

Tuesday, February 11 | 12pm - 1:30pm | Register: bit.ly/MEDVAFEB25

This session will explore the role of a caregiver, and will give you the information you need to navigate changes a caregiver may experience, learn how to build a support team and cover techniques for managing caregiver stress.

Presenter: Ms. Rosa Lane-Smith, LCSW-S | MEDVAMC Social Work Services, Caregiver Support Program

SUPPORTING INDEPENDENCE

Tuesday, March 11 | 12pm - 1:30pm | Register: bit.ly/MEDVAMAR25

This session focuses on helping a person living with dementia take part in daily activities, gives tips on how to provide the right amount of support, and covers how to balance safety and independence while managing expectations.

Presenters: Sonja Nelson LCSW - S | Community Programs Coordinator, VDC Program Manager & Alicia Youngblood LCSW - S | Community Residential Care Program Coordinator

COMMUNICATING EFFECTIVELY

Tuesday, April 8 | 12pm - 1:30pm | Register: bit.ly/MEDVAAPR25

This session teaches attendees how dementia affects communication, and includes tips for communicating well with family, friends, and health care professionals.

Presenter: Myla A. Magno DNP APRN | Gerontological Psychiatric Nurse Practitioner, Medical Consultant Provider for Community Care Programs (Contract Nursing and State Veterans Home)

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Tuesday, May 13 | 12pm - 1:30pm | Register: bit.ly/MEDVAMAY25

This session details common behavior changes in people with Alzheimer's or other dementias, and how they are a form of communication, provides information on non-medical approaches to navigating behaviors, and gives you the tools to decide when additional help is needed.

Presenters: Myla A. Magno DNP APRN | Gerontological Psychiatric Nurse Practitioner, Medical Consultant Provider for Community Care Programs (Contract Nursing and State Veterans Home) & Irina Zilberfayn PhD | Clinical Psychologist, MEDVAMC Community Living Center

EXPLORING CARE & SUPPORT SERVICES

Tuesday, June 10 | 12pm - 2pm | bit.ly/MEDVAJUN25

This session will give you the tools you need to prepare for future care decisions and changes, and will include information on respite care, residential care, and end-of-life care.

Presenters: MEDVAMC Representatives from all alternative living programs | Community Residential Care Home, Medical Foster Home, Contract Nursing Home, Respite Care, & Palliative Care



Scan the QR Code

to visit the Virtual Series Landing Page at bit.ly/MEDVASPRING2025 to share digitally.



U.S. Department of Veterans Affairs

Veterans Health Administration
Michael E. DeBakey VA Medical Center

For more information or to register by phone, call 800.272.3900