



THE EMPOWERED CAREGIVER SERIES

Thursday, February 5

1:00pm-2:30pm

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.

Thursday, March 5

1:00pm-2:30pm

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.

Thursday, April 2

1:00pm-2:30pm

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.

Thursday, May 7

1:00pm-2:30pm

Responding to Dementia-Related Behaviors

Explore common behavior changes & how they are a form of communication.

Learn non-medical approaches to behaviors & recognize when additional help is needed.

Thursday, June 4

1:00pm-2:30pm

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.



The Oaks of Paso Robles

526 S. River Rd.

Paso Robles



**Westmont
The Oaks at Paso Robles**

Register in Advance: 800.272.3900

Inquire about limited respite support available in advance!