

# CAREGIVER EDUCATION SERIES FOR VETERANS

*a collaboration between the Michael E. DeBakey VA Medical Center & the Alzheimer's Association*

Join us for these free, virtual education programs 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.*

## HEALTHY LIVING FOR YOUR BRAIN & BODY

**Tuesday, November 4 | Noon | Register: [bit.ly/HL112025](https://bit.ly/HL112025)**

Discover how diet & nutrition, exercise, cognitive activity, and social engagement relates to the onset of Alzheimer's disease, and learn how to develop a plan for healthy aging.

## 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

**Tuesday, January 13, 2026 | Noon | Register: [bit.ly/10S12026](https://bit.ly/10S12026)**

Alzheimer's causes changes in memory, thinking, and behavior that are not normal aging, and early detection is important. Join us to learn what signs and symptoms to watch for in yourself and others.

## BUILDING FOUNDATIONS OF CAREGIVING

**Tuesday, March 10, 2026 | Noon | Register: [bit.ly/EC32026](https://bit.ly/EC32026)**

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.

## SUPPORTING INDEPENDENCE

**Tuesday, May 12, 2026 | Noon | Register: [bit.ly/EC52026](https://bit.ly/EC52026)**

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.

## COMMUNICATING EFFECTIVELY

**Tuesday, July 14, 2026 | Noon | Register: [bit.ly/EC72026](https://bit.ly/EC72026)**

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

## RESPONDING TO DEMENTIA-RELATED BEHAVIORS

**Tuesday, September 8, 2026 | Noon | Register: [bit.ly/EC92026](https://bit.ly/EC92026)**

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.

## EXPLORING CARE & SUPPORT SERVICES

**Tuesday, November 3, 2026 | Noon | Register: [bit.ly/EC112026](https://bit.ly/EC112026)**

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.



**Scan the QR Code**  
or visit [bit.ly/ALZTEXEDU](https://bit.ly/ALZTEXEDU)  
to view these and other  
local education programs



**U.S. Department of Veterans Affairs**  
Veterans Health Administration  
Michael E. DeBakey VA Medical Center