

The Empowered Caregiver Series at the Lewiston Library

An education program series presented by the Alzheimer's Association



Join us at the Lewiston Library for our Empowered Caregiver series. This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

April 23, 2025 | 1 - 2 pm

Building the Foundations of Caregiving

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

May 28, 2025 | 1 - 2 pm

Supporting Independence

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

June 25, 2025 | 1 - 2 pm

Communicating Effectively

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

July 30, 2025 | 1 - 2 pm

Responding to Dementia Related Behaviors

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

August 27, 2025 | 1 - 2 pm

Exploring Care and Support Services

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

For questions or more information,
contact Michelle Larson at
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