

# CAREGIVER EDUCATION SERIES

*a collaboration with West Houston Assistance Ministries and AARP Houston*

Join us for this free, virtual caregiver series designed to provide caregivers with the vital skills needed to effectively manage the complexities of caring for individuals with dementia. Register for any or all of the courses.

To receive your Zoom link, register prior to each program by clicking on the link or calling 800-272-3900.

## BUILDING FOUNDATIONS OF CAREGIVING

**Monday, March 24 | 11am - 12pm | Register: [bit.ly/BFWHAM](https://bit.ly/BFWHAM)**

Explore the role of caregiver and the changes that may be experienced, how to build a support team, and the importance of managing caregiver stress.

## SUPPORTING INDEPENDENCE

**Monday, June 2 | 11am - 12pm | Register: [bit.ly/SIWHAM](https://bit.ly/SIWHAM)**

Join us for a workshop that 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.

## COMMUNICATING EFFECTIVELY

**Monday, September 22 | 11am - 12pm | Register: [bit.ly/CEWHAM](https://bit.ly/CEWHAM)**

Learn how dementia affects communication, how to use a person-centered approach to communication, and tips for communicating well with family, friends, and health care professionals.

## ADMINISTRACIÓN DE DINERO: UNA GUÍA DE FINANZAS PARA CUIDADORES

**Lunes, 10 de noviembre | 11am - 12pm | Registro: [bit.ly/MMWHAM](https://bit.ly/MMWHAM)**

Únase a nosotros para aprender consejos para administrar las finanzas de otra persona, cómo prepararse para los costos de atención futuros y los beneficios de la planificación temprana. Subtítulos disponibles.

## EXPLORING CARE & SUPPORT SERVICES

**Monday, December 8 | 11am - 12pm | [bit.ly/ECSWHAM](https://bit.ly/ECSWHAM)**

Join us for Exploring Care & Support Services, an education program by the Alzheimer's Association covering topics like planning for care changes, types of care, and moving care settings.



**Scan the QR Code**

to visit the Virtual  
Series Landing Page at  
[bit.ly/VIRTUALEDU](https://bit.ly/VIRTUALEDU)  
to share digitally.



For more information or to  
register by phone, call  
800.272.3900