



## 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



Register in Advance: 800.272.3900

Inquire about limited respite support available in advance!