

THE EMPOWERED CAREGIVER

Teaching caregivers how to navigate the responsibilities of caring for someone living with dementia



HENRICO COUNTY PUBLIC LIBRARY | LIBBIE MILL
2100 LIBBIE LAKE E ST.
RICHMOND, VA 23230

This education series offers caregiver tips and strategies on how to navigate the responsibilities of caring for someone living with dementia. Caregivers can attend individual courses to meet their needs or the entire series.

PART 1: THURSDAY, DECEMBER 5 | 2-3:30 P.M.

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

PART 2: THURSDAY, DECEMBER 12 | 2-3:30 P.M.

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

**THE PROGRAM IS OPEN TO THE PUBLIC,
FREE TO ATTEND AND REGISTRATION IS NOT REQUIRED.**