



Empowering People in the Dementia Care Circle

A no-cost community virtual series

Join us
for one
session or all
of them!

Caring for a person with dementia is challenging. This series of classes is designed to provide helpful tools and tips to reduce stress for all caregivers, family members and friends of a person living with dementia.

Register for the series here

Register Online

bit.ly/ALZLearnWinter2025



Building the Foundations of Caregiving Wednesday, January 22, 2025 12 - 1:30 p.m. CT

This class explores ways to build a support team and manage caregiver stress when supporting a person or family member living with dementia.

Presenter: Acacia Stuckle
Family and Community Wellness, NDSU Extension/Emmons County

The Importance of Living with Independence for Those with Dementia Wednesday, February 5, 2025 12 - 1:30 p.m. CT

For people living with dementia, participating in daily activities is important. Helping them do so is often the role of people in that person's care circle. In this presentation, care partners will discover how to balance safety, support and independence for people living with dementia.

Presenter: Ronda Gripentrog
Family and Community Wellness, NDSU Extension/Richland County

Communicating with Compassion - Successful Conversations and Dementia Wednesday, February 19, 2025 12 - 1:30 p.m. CT

In this session, family, friends and healthcare professionals can learn how to apply compassion and connection when interacting with people living with dementia. Cognitive-linguistic considerations when caring for someone with dementia will also be shared.

Presenters: Erin Berentson, MPH, RDN, LRD
Family and Community Wellness, NDSU Extension/Bottineau County

Andrea Sailer, MS CCC-SLP, CBIST
ND Brain Injury Network

Responding to Dementia-Related Behaviors

Wednesday, March 5, 2025

12 - 1:30 p.m. CT

Dementia can cause changes in a person's behavior, including how a person communicates. Learn about the possible reasons for changes in behavior and ways to address them through clinical and non-clinical approaches. You'll also learn to recognize when additional help is needed.

Presenter: Rita Ussatis, MS

Family and Community Wellness, NDSU Extension/Cass County

When to Explore Care and Support Services

Wednesday, March 19, 2025

12 - 1:30 p.m. CT

This class examines how best to prepare for future care decisions and changes, including respite care, residential care, and end-of-life care. Participants will also experience a deeper understanding of ND Assistive and the services it provides.

Presenters: Shelly Kuntz

Family and Community Wellness, NDSU Extension/Burleigh County

Annette Goehring

AT Consultant, North Dakota Assistive

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Minnesota-North Dakota Chapter

NDSU

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Health & Human Services

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