

THE EMPOWERED CAREGIVER

VIRTUAL LUNCH & LEARN SERIES

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



THURSDAY, OCTOBER 10, 2024 | 1-2 p.m. | bit.ly/ECOCT10

Building Foundations of Caregiving

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



THURSDAY, OCTOBER 24, 2024 | 1-2 P.M. | [BIT.LY/ECOCT24](https://bit.ly/ECOCT24)

Supporting Independence

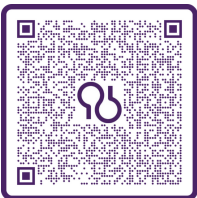
focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.



THURSDAY, NOVEMBER 7, 2024 | 1-2 P.M. | bit.ly/ECNOV7

Communicating Effectively

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



THURSDAY, NOVEMBER 21, 2024 | 1-2 P.M. | bit.ly/ECNOV21

Preparing for & Connecting During the Holidays

Join us to learn tips for managing the holiday season and connecting, communicating -- even celebrating -- at each stage of the disease.



THURSDAY, DECEMBER 5, 2024 | 1-2 P.M. | bit.ly/ECDEC5

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.



THURSDAY, DECEMBER 19, 2024 | 1-2 P.M. | bit.ly/ECDEC19

Exploring Care & Support Services

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

For more information or to register scan the above QR codes or call 800.272.3900.

Caregivers may register for individual courses to meet their needs or complete the entire series.