

# 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](https://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](https://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](https://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](https://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](https://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.