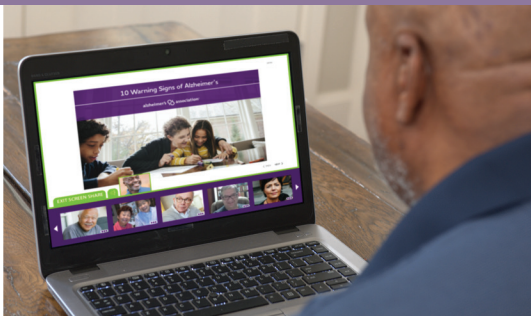




CAREGIVER EDUCATION AND TRAINING YOU CAN TRUST



The Alzheimer's Association® offers a range of caregiver skill-building courses. Each course includes questions to check existing knowledge and exercises to apply new learnings to personal caregiving situations. The courses aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

The Empowered Caregiver

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

Building Foundations of Caregiving explores 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.

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.

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

Empowered Caregiver Series

Hosted by the Alzheimer's Association Illinois Chapter

11/4 @ 5pm - Building Foundations of Caregiving

11/11 @ 5pm - Supporting Independence

11/18 - Communicating Effectively & Responding to Dementia-Related Behaviors

12/2 @ 5pm - Exploring Care & Support Services

Attend online or in person at:
The Kelly Branch Library
6151 S Normal Blvd
Chicago, IL 60621



Register via phone at
(800) 272-3900

Register via the QR Code or online at
bit.ly/EmpoweredCaregiverSeries_KellyBranchLibrary

In partnership with:

