

THE EMPOWERED CAREGIVER

An on-demand education program series presented by the Alzheimer's Association®

Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late-stage caregiving through this series. Follow the link below each module description for immediate access to that program's recording.

Module One: Building Foundations of Caregiving. (38 minutes) Learn how dementia changes relationships over time, the benefit of person-centered care approaches, how to create a supportive care team and steps to identify and manage caregiver stress.

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Module Two: Supporting Independence. (68 minutes) Learn how dementia changes a person's independence and impacts safety, how to provide the right amount of support, and tips to make every activity meaningful to the person living with dementia.

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Module Three: Communicating Effectively. (31 minutes) Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

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Module Four: Responding to Dementia Related Behaviors. (45 minutes) Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors.

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Module Five: Exploring Care and Support Services. (32 minutes) Learn why it's important to plan for care changes, what types of resources and support services are available including respite care, long term care and end of life options.

<https://alz-org.zoom.us/rec/share/Lw2FW9iFDrPTPLy4H4WPZOZ9W5tZWlqxtvVWceR6JxllgGBj6iQ0MyJ257qst4Yl.NhipPfffdV2-tUID?startTime=1738022264000>

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