

**Published on *VirginiaNavigator* (<https://virginiannavigator.org>)**

## **The Empowered Caregiver ~ Virtual, Alzheimer's Association**

Date and Time

Monthly on the second Tuesday at 1:00pm for 5 times

Upcoming

- Tuesday 1/14/2025 1:00 to 2:00pm
- Tuesday 2/11/2025 1:00 to 2:00pm
- Tuesday 3/11/2025 1:00 to 2:00pm
- Tuesday 4/8/2025 1:00 to 2:00pm
- Tuesday 5/13/2025 1:00 to 2:00pm

Event Region

Statewide

Event Type

Webinar

RSVP Info

Please register prior to each program by calling 800-272-3900

Event Cost

\$0.00

Event Description

Image

ALZHEIMER'S  ASSOCIATION®

## THE EMPOWERED CAREGIVER

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

VIRTUAL



The Alzheimer's Association is pleased to present A VIRTUAL EDUCATION SERIES, designed to provide caregivers with the vital skills needed to effectively manage the complexities of caring for individuals with dementia. Participants have the option to register for individual courses or complete the entire series.

**Please register prior to each program by clicking on the title or calling 800.272.3900.**

### BUILDING THE FOUNDATIONS OF CAREGIVING

**Tuesday, January 14 | 1 p.m.**

Explore the role of caregiver and the changes that may be experienced, building a support team and managing caregiver stress.

### SUPPORTING INDEPENDENCE

**Tuesday, February 11 | 1 p.m.**

Supporting Independence provides caregivers with strategies to help individuals living with dementia engage in daily activities. The program emphasizes offering the appropriate level of support, balancing safety with the person's independence, and setting realistic expectations.

### COMMUNICATING EFFECTIVELY

**Tuesday, March 11 | 1 p.m.**

Caregivers will learn how dementia impacts communication and provides practical tips for improving interactions. The program covers techniques for clear communication with family, friends, and healthcare professionals, helping caregivers navigate challenging conversations.

### RESPONDING TO DEMENTIA-RELATED BEHAVIORS

**Tuesday, April 8 | 1 p.m.**

This program offers non-medical strategies for managing challenging behaviors and guidance on recognizing when additional support may be necessary. This approach equips caregivers with practical tools to better understand and respond to their loved ones, fostering a compassionate and supportive environment.

### EXPLORING CARE AND SUPPORT

**Tuesday, May 13 | 1 p.m.**

This program covers options such as respite care, residential care, and end-of-life care, helping families make informed decisions. By understanding available resources, caregivers can better support their loved ones and prepare for the transitions ahead with confidence and compassion.

Event Image or Sponsor Logo  
Image

