



Commission on Aging

Stay Educated: Free Online Courses

01

Dementia Skills

This is an 11 module course that teaches caregivers how to interact with people with dementia to avoid triggering distressing behaviors.



02

Caregiver Skills

This is a 5 module course that teaches hands-on skills like transfers, wound care, and medication administration.



03

Healthy Caregiving

This is a 3 module course that helps caregivers reframe their thinking, control stress, and care for themselves.



04

Let's End Loneliness

This is a 6 module course that teaches us all ways to reduce loneliness in Idaho.



Access these courses with the QR code or by visiting www.aging.idaho.gov/stay-educated

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