

# EDUCATION & SUPPORT

## The Empowered Caregiver

An education program presented by the Alzheimer's Association



### March 19, Noon - 1:30 p.m.

**Intro to Alzheimer's and Building Foundations of Caregiving** explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

### April 2, Noon - 1:30 p.m.

**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.

### April 16, Noon - 1:30 p.m.

**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.

### April 30, Noon - 1:30 p.m.

**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.

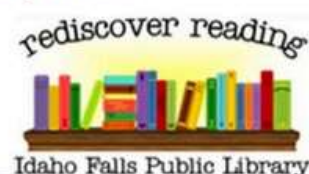
This free education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series.

Registration encouraged, but not required.

For More Information or to Register,  
Contact Jody Cornilsen at  
[jocornilsen@alz.org](mailto:jocornilsen@alz.org) or 208-350-6823

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