

Dementia Caregivers Education and Support Schedule

January 13, 2025, 10:30 AM – 12 PM Dementia 101 – At the conclusion of this class you will know key cognitive function difficulties to watch for, which dementia you can reverse, what separates dementia from Alzheimer's, and what to expect as the disorder progresses. Experience-based answers to your questions and practical tools, tips, and techniques to be a more effective caregiver will be provided.

February 10, 2025, 10:30 AM – 12 PM Managing Dementia Related Behaviors – You will learn techniques for understanding and modifying dementia related behaviors. A review of behavior modifying medications with the side-effect will be given along with nonpharmaceutical behavior modification alternatives.

March 10, 2025, 10:30 AM – 12 PM Caring For the Caregiver – Learn what you will be called on to do, the effects of caregiving on the caregiver and learn proven methods to cope with the stress in the caregiver's mind, body and soul.

April 14, 2025, 10:30 AM – 12 PM Get Your Affairs In Order – Learn what legal, financial, and medical documents all families and especially caregivers need in order to provide the optimal care to your loved one and receive maximum resources assistance in the process.

May 12, 2025, 10:30 AM – 12 PM How To Pick And Pay For Long Term Care – Learn the key issues in the selection process, the various care options available for the home and in facilities, and get help with making decisions about the who, what, when, where, and how of long term caregiving.

June 9, 2025, 10:30 AM – 12 PM The focus for this class will be drawn from the events occurring in the previous five classes