



The Alzheimer's Association<sup>®</sup> offers a range of caregiver skill-building courses. The courses aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

## The Empowered Caregiver

This 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. Topics include:

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

**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.

**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.

**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.

For class information or to register, visit [www.ndc3.org](http://www.ndc3.org) or **701.277.9757**.