

## Education Flyer: October - December 2026

### The Empowered Caregiver: Supporting Independence

*\*Certificate of attendance offered*

This class 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.

- **Thursday, Oct. 8th, 1:00 to 2:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4wN1PDL>
- **Wednesday, Nov. 4th, 7:00 to 8:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4xtsOof>
- **Wednesday, Dec. 2nd, 9:00 to 10:30 am CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/3TYEwso>

### The Empowered Caregiver: Communicating Effectively

*\*Certificate of attendance offered*

This class teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

- **Thursday, Oct. 15th, 1:00 to 2:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4bvn4kJ>
- **Wednesday, Nov. 11th, 7:00 to 8:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4ybKuET>
- **Wednesday, Dec. 9th, 9:00 to 10:00 am CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4e1shBZ>

### The Empowered Caregiver: Responding to Dementia-Related Behaviors

*\*Certificate of attendance offered*

This class details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

- **Thursday, Oct. 22nd, 1:00 to 2:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4iGOL8c>
- **Wednesday, Nov. 18th, 7:00 to 8:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4yd8EyS>
- **Wednesday, Dec. 16th, 9:00 to 10:30 am CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4yuhYic>

## **Additional class offerings:**

*\*Certificate of attendance not offered for the following two classes*

### **The Empowered Caregiver: Building Foundations of Caregiving**

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

- **Thursday, Oct. 1st, 1:00 to 2:30 pm CST**

○ Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4gBXEW6>

### **The Empowered Caregiver: Exploring Care and Support Services**

This class examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

- **Thursday, Oct. 29th, 1:00 to 2:30 pm CST**

○ Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4pnu5tP>