

# THE EMPOWERED CAREGIVER SERIES

An education program presented by the Alzheimer's Association

## March 13, 2025 – Building the Foundations of Caregiving

- explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

## April 3, 2025 – 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.

## May 5, 2025 – Communicating Effectively

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

## June 5, 2025 – 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.

## July 10, 2025 – 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.



**12:00 PM - 1:00PM PST**

**Fairwood Retirement  
Village and Assisted Living,  
312 W Hastings Rd,  
Spokane, WA 99218**

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**Registration Info  
800.272.3900**

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional caregiver education programs in your area.

**ALZHEIMER'S ASSOCIATION®**