



**FREE Virtual Caregiving Course for Individuals  
Caring for an Older Adult Living with Dementia**

# **“Empowering YOU to Be a Strategic Dementia Caregiver”**



Education and Support for  
Family & Professional Caregivers

Being strategic is important, because caring for an older adult with dementia can be both rewarding and overwhelming, both frustrating and fulfilling. Learning about the disease causing the dementia – and learning new tools to manage daily life – can increase the rewards and ease the frustrations. Being strategic can also equip you to care for yourself as you care for another person.

## **Online Class March 15<sup>th</sup>, 17<sup>th</sup> and 19<sup>th</sup> 10:00-11:00 a.m.**

### **Session 1:**

- Understand dementia causing diseases
- Understand how dementia can affect daily life

### **Session 2:**

- Understand the effect of confusion
- Learn how to plan daily activities

### **Session 3:**

- Learn practical principles for healthy caregiving
- Build a toolbox of coping skills

*This free caregiver education series is designed for the unpaid family caregiver, and is presented in partnership with CaregiverU and AGE of Central Texas*

Registration is required and space is limited.

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**Register for Free: Email [lhill@ageofcentraltx.org](mailto:lhill@ageofcentraltx.org) or call  
Lori Hill at 512-573-8069 for registration assistance**

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