

# THE EMPOWERED CAREGIVER

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late stage caregiving in this education program.

## Topics in the program include:

- » Building foundations of caregiving.
- » Supporting independence.
- » Communicating effectively.
- » Responding to dementia-related behaviors.
- » Exploring care and support services.

**Wednesdays from 6:00 - 7:00 p.m.**

**February 2026**

11th: Building Foundations of Caregiving  
18th: Supporting Independence

**March 2026**

4th: Communicating Effectively  
11th: Responding to Dementia-Related Behaviors  
18th: Exploring Care and Support Services

**Registration for each session is required.  
Call 1-800-272-3900 or click program date  
to register.**



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



Connecticut Chapter