

# 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