

# 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.

**Thursdays, 9/26 - 10/24  
11:00 a.m. - 12:00 p.m.**

**Cambridge Council on Aging  
806 Mass Ave  
Cambridge, MA 02139**

**RSVP to  
courtney.johnson@eldercare.org  
or call (617) 628-2601 ext 3168**

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

