



PRESENTS A **FREE** FAMILY CAREGIVER TRAINING EVENT

DEMENTIA CAREGIVER OVERVIEW: A 90-MINUTE INTRODUCTION TO COMPASSIONATE CARE

Family Caregivers Are Invited To Attend This **FREE** Seminar Where They Will Understand The Diagnosis, Improve Daily Care, & Feel More Confident Moving Forward.

These Are The Essentials Every Caregiver Should Know!

TOPICS COVERED

- ➔ **Understanding Dementia:** Learn what dementia is — and isn't — including major types, how the brain changes, and what those changes mean for daily life.
- ➔ **Person-Centered Care:** Discover how focusing on the person, not just the disease, can transform everyday interactions and routines.
- ➔ **Communication & Behavior:** Explore why behaviors happen and how simple communication shifts can reduce stress and build connection.
- ➔ **Planning Ahead:** Get a high-level introduction to legal, medical, and financial planning every family should consider early.
- ➔ **Supporting the Caregiver:** Learn practical ways to care for yourself, build support, and take the next steps with confidence.

3 DATES
AVAILABLE!



Date

March 4th
March 18th
March 26th



Time

1:30pm - 3:00pm
6:00pm - 7:30pm
10:30am - 12:00pm



Location

George Mason Regional Library
Sherwood Regional Library
Chantilly Regional Library

RSVP ➔ SpectrumLCS.org/registrations

LEARN MORE ➔

