



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

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