



# Building Better Caregivers

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## A 6-week Online Course

If you are caring for a person who suffers from Alzheimer's, dementia, or someone with a memory impairment, and seeking ways to manage your life while being a caregiver, please attend the Building Better Caregivers workshop class.

### WHAT IS THE CLASS?

This class series is an excellent resource for caregivers. The community-based workshop is highly participatory, where mutual support and success build your confidence in your ability to manage caregiving tasks and maintain a fulfilling life.

Classes are led by trained individuals, many of whom have been or are caregivers for people with dementia, using an evidenced-based program. Thousands of caregivers have benefited from this class.

This interactive workshop is designed for people who are family caregivers of people with Traumatic Brain Injury (TBI), Post-Traumatic Stress Disorder (PTSD), dementia such as Alzheimer's, and any other conditions that affect memory.

**\*\*Tablets are available to loan if you do not have access to an ipad or computer.**



## **WHAT CAN I EXPECT?**

Building Better Caregivers topics include:

- Caregiver Stress
- Care Partner's Difficult Behaviors
- Getting Help
- Making Decisions About Treatment, Housing, etc.
- Communicating Effectively With Family, Friends, And Health Professionals
- Dealing With Caregiver And Care Partner Difficult Emotions
- Planning For Future Needs
- Legal Issues Related To Caregiving
- Action Planning and Problem Solving

The class meets every week at the same day and time over Zoom. Every participant is sent a free E-book to the email they provided in their registration. (Should you wish to have a hard copy, contact your trainer to purchase). To learn more, visit the **Mac. Inc Maryland Living Well Center of Excellence website.** <https://:mdlvinwell.org/HUB>

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