

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia.

Topics include:

- **Building Foundations of Caregiving** explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.
- **Supporting Independence** focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.
- **Communicating Effectively** teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.
- **Responding to Dementia-Related Behaviors** details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.
- **Exploring Care and Support Services** examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.