



## WTCSB REGION 5 & ALZHEIMER'S ASSOCIATION PARTNERSHIP

# Lunch and Learn

### 5-Part Virtual Education Series

#### **BUILDING FOUNDATIONS OF CAREGIVING**

**Wednesday, Feb 19, 2025 | 12 - 1 P.M.**

This program explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress. Register [HERE](#) or scan the QR code.



#### **SUPPORTING INDEPENDENCE**

**Wednesday, March 19, 2025 | 12 - 1 P.M.**

This program 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. Register [HERE](#) or scan the QR code.



#### **COMMUNICATING EFFECTIVELY**

**Wednesday, April 16, 2025 | 12 - 1 P.M.**

This program teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. Register [HERE](#) or scan the QR code.



#### **RESPONDING TO DEMENTIA-RELATED BEHAVIORS**

**Wednesday, May 21, 2025 | 12 - 1 P.M.**

This program details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed. Register [HERE](#) or scan the QR code.



#### **EXPLORING CARE AND SUPPORT SERVICES**

**Wednesday, June 18, 2025 | 12 - 1 P.M.**

This program examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care. Register [HERE](#) or scan the QR code.



*WTCSB is the local authority on mental health services. Working in partnership with the Alzheimer's Association will help make strides in research, education and provide critical resources for individuals and caregivers whose lives are affected by this terrible disease.*

*In partnership with*



Please call 800.272.3900  
with questions or concerns.