

*Increase your confidence, knowledge, and skills.*



## 6-WEEK COURSE

*for family caregivers caring for  
persons with Alzheimer's Disease or  
related dementias*

**VIRTUAL on  
Wednesdays**

March 18th–April 22<sup>nd</sup>

4:00–6:00 PM

via Zoom

Registration deadline

03/02/2026

## WHAT YOU WILL GAIN:

- Strategies to manage activities of daily living
- Skills to assess your loved one and how to adjust your approach to care
- Understanding of the different types of dementia and how decline in cognition affects behavior
- Ability to manage emotions & feelings of caregiving
- Decision-making skills and confidence-building to achieve caregiving goals



## OPTIONS TO REGISTER (CHOOSE 1):

- 1) Click here: [https://countyofdane.zoom.us/webinar/register/WN\\_5EenimITSkuIRxFPJnebaA](https://countyofdane.zoom.us/webinar/register/WN_5EenimITSkuIRxFPJnebaA)
  - 2) Email [danedcs@danecounty.gov](mailto:danedcs@danecounty.gov) OR
  - 3) Call the Dane County Aging and Disability Resource Center at 608-240-7400 for assistance.
- No cost associated. Please plan to attend all 6 sessions. Sessions are 2 hours in duration.
  - A limit of up to 2 additional family members may attend with the primary caregiver, if desired.
  - Minimum group size of 6 is required.



608-240-7400



[danedcs@danecounty.gov](mailto:danedcs@danecounty.gov)



[www.daneadrc.org](http://www.daneadrc.org)