

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 22nd

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_5EenimITSkulRxFPJnebaA
- 2) Email 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



www.daneadrc.org