



The Empowered Caregiver

3-Part Series

April 3rd: Building Foundations of Caregiving

April 10th: Supporting Independence

April 17th: Exploring Care and Support Services

**See back of flyer for program descriptions.*

While the programs in this series are designed to help individuals caring for loved ones with Alzheimer's disease or dementia, the information shared is helpful for all family caregivers, regardless of the journey they are navigating.

THURSDAYS:
2:00 - 3:00 PM

RSVP:
913-757-2151

LaCygne Library
 209 N. Broadway
 LaCygne, KS

Presented by:



The Empowered Caregiver

Presented by K-State Research & Extension, Marais des Cygnes District
Kathy Goul, Family & Consumer Science Agent
& Certified Community Educator, Alzheimer's Association

Building Foundations of Caregiving

Explore the role of the family caregiver and changes you may experience. Learn how to build a support team and the importance of managing caregiver stress.

Supporting Independence

Learn how to help your loved one living with dementia take part in daily activities; providing the right amount of support, balancing safety and independence, all while managing expectations.

Exploring Care and Support Services

Examine how to best prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

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