

Caregiving: 101

Dementia Skills Training for Family Carers

An interactive, virtual education series for spouses and adult children caring for a person with dementia in the early to mid-stages.

\$120

Package Includes

- ✓ 8 lessons covering the fundamentals
- ✓ Lessons every Tuesday & Thursday via Zoom
- ✓ Complete the course in 4 weeks
- ✓ Continued learning on Trualta

Engage, Learn, Support

Connect with other carers in similar situations.
Share experiences & receive support

Curriculum

- ✓ What is Dementia?
- ✓ Home Safety
- ✓ Activities of Daily Living
- ✓ Caregiver Stress & Self-care
- ✓ Challenging Behaviours
- ✓ Navigating the Healthcare System
- ✓ Caregiver Issues: Grief & Loss
- ✓ Support & Resources

Register Now: info@baycrestathome.ca or (647)-576-4663