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

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

Engage, Learn, Support
Connect with other carers in similar situations. Share experiences & receive support

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