

## **Dementia Caregivers' Education and Support (TRA133)**

### **Teachings Will Include:**

**Dementia 101-**You will understand what dementia is, its causes and the primary tool to caring for someone with dementia.

**What Every Caregiver Needs to Know-** Learn what will be needed to be done and how to cope with the demands.

**Dementia Over Time-** Learn what to expect as the dementia disease continues.

**Get Your Affairs in Order-** You will learn the key and supportive documents you need.

**Money Matters-** How to structure your finances for optimal help in Florida.

**How To Pick and Pay for Help-** You will learn the various care options available, questions to ask before you engage assistance or place your loved one

Learn about free and financial resources.

**Difficult Behaviors-** How to effectively redirect a dementia person to comply.

**Home Safety-** Learn how to 'dementia proof' your home and create a safe world for your loved one.

**Coping With Caregiver Stress-** Learn proven methods to cope caregivers stress in mind, body, and soul.

**Rapid Change Alerts-**Learn the seven challenging areas for caregivers to watch for.

**Long Term Care Community-** Learn how to prepare for, move into and deal with long term care facility.