



The Alzheimer's Association[®] offers a range of caregiver skill-building courses. Each course includes questions to check existing knowledge and exercises to apply new learnings to personal caregiving situations. The courses aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

The Empowered Caregiver

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Communicating Effectively teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care and Support Services examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

The 10 Warning Signs of Alzheimer's

This course helps caregivers recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

Understanding Alzheimer's and Dementia

This course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Managing Money: A Caregiver's Guide to Finances

This evidence-based course helps caregivers understand the costs of caregiving and the benefits of early planning, and teaches them how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud, and find support when needed.

Healthy Living for your Brain and Body

This course introduces research in the areas of healthy habits that support brain health. Participants will explore ways to incorporate these recommendations to support healthy aging.

Dementia Conversations

This course gives caregivers tips and strategies for having difficult — but important — conversations about driving, visiting the doctor and legal and financial planning.