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## Family Caregivers: Internet-supported, non-certification training

Family caregivers struggle every day to give their loved one the care he or she needs. Whether you are caring for a loved one at home or ensuring their good care in a facility, many of the same worries and problem situations arise. This training offers new ideas, new practical skills and promises to change the way you interact, communicate and maintain a loving, close relationship with a relative who has Alzheimer's disease.

This course combines videos, a private discussion board, interactive webinars, self-directed assignments and a 2-day in-person training to practice Validation techniques with supervision. Participants can expect to spend approximately 1 hour per week for 18 weeks.



- Taped classes offer information and end with exercises that reinforce ideas or skills.
- Interactive Webinars extend the knowledge learned in taped webinars and offer participants the opportunity to express themselves and share ideas and problems with what has been learned, with the teacher acting as a moderator/guide towards learning new behaviors and trying new skills.
- Secure discussion board: offers participants the opportunity to share emotions, events and network with others to combat feelings of isolation and incompetence.
- Live, in-person classes to practice skills that need to be integrated into new behaviors.

We understand how busy you are caring for your loved one so the classes will take place every two weeks. The secure discussion board you'll be using is ongoing and minimally monitored (the goal of monitoring the bulletin board is simply to keep it a place of support where people feel secure). There will be no more than 20 people in the class in order to ensure the quality of the course. All participants will receive a copy of the book *Validation Techniques for Dementia Care*, specially written for family caregivers.

Participants should be:

- Non-professional caregivers who are caring for people who have Alzheimer's disease.
- Comfortable working with computers.
- Be able to download and upload documents and files (have high speed internet access).