



Family Caregiver Course: Internet-Supported, Non-Certification Training

This course provides struggling family caregivers with new ideas, practical skills, and techniques for changing the way they interact, communicate, and maintain a loving relationship with a person living with Alzheimer's Disease and related dementias (ADRD). The Validation Training Institute offers this course as a unique blend of self-directed video learning, interactive live webinars and a two-day, in-person training in which an experienced Validation Teachers helps students attain expertise and confidence in their caregiver role.

Participants can expect to spend approximately 1 hour per week for 18 weeks on this course which offers:

- 5 pre-taped classes that conclude with exercises that reinforce ideas or skills;
- 8 interactive Webinars to extend the knowledge learned in taped classes;
- Secure online discussion board for participants to share emotions, events and network with classmates to combat feelings of isolation and incompetence;
- A two-day, in-person class to practice skills that need to be integrated into new behaviors.

There will be no more than 25 people in the class 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 ADRD;
- ✓ Comfortable working with computers;
- ✓ Able to download and upload documents and files using high speed internet access.



For more information about location, cost and timing of the course, please contact:

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