



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 or another form of dementia. 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 led by experienced Validation Teachers who help students attain expertise and confidence in their caregiver roles.

Course Dates: March 16, 2019 to July 20, 2019

In-Person Training: May 18-19, 2019 at the Alzheimer's Association of Colorado

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
- 9 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:

- ✓ Family/unpaid caregivers who are caring for people who have Alzheimer's or another form of dementia
- ✓ 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:

Jana Stoddard at jana@vvalidation.org

**There are 10 scholarships available to those in need, available on a first-come, first-served basis.*