

Classes offered the **Second Wednesday** of the month!

### Normal Aging versus Dementia

*Wednesday, February 10, 2021 from 1:00 pm to 3:00 pm*

Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia.

### The Dementias: What's on the Treatment Horizon?

*Wednesday, March 10, 2021 from 1:00 pm to 3:00 pm*

We will discuss common dementias and general stages to help you anticipate future changes. Learn about the treatment of symptoms, current research, and clinical trials available.

### You Can't Do This Alone: Building a Care Team

*Wednesday, April 14, 2021 from 1:00 pm to 3:00 pm*

Dementia care is not one size fits all. Join us to discuss how to build a care team, who should be part of the team, and ways that the team can provide care and support to you and your loved one now and in the future.

### Getting Your Ducks in a Row: Legal Planning

*Wednesday, May 12, 2021 from 1:00 pm to 3:00 pm*

There are many legal needs to be taken care of such as powers of attorney, wills and estates, guardianships, and trusts. An elder law attorney will help you get your ducks in a row.

### Adjusting to Communication and Behavior Changes

*Wednesday, June 9, 2021 from 1:00 pm to 3:00 pm*

Communication can become difficult as you struggle to meet and understand the needs of your loved one. Come and learn strategies for effective communication and understanding and responding to difficult behaviors.

### Tips for Daily Living Success at Home

*Wednesday, July 14, 2021 from 1:00 pm to 3:00 pm*

Make each day more successful! Learn tips and tricks for providing hands-on care for eating, dressing, bathing, hygiene and toileting.

### The Art of Activities and Engagement

*Wednesday, August 11, 2021 from 1:00 pm to 3:00 pm*

How can you reconnect with someone with dementia? Keeping their current abilities in mind, learn ways to keep your loved one engaged in personalized activities.

### Caregiver's Guide to Understanding Care Options

*Wednesday, September 8, 2021 from 1:00 pm to 3:00 pm*

Dementia care is not one size fits all. Each person, each stage, and each family is unique. Come and learn about multiple care options to plan and evaluate what is right for your family.

### How Will We Pay for Care: Financial Considerations

*Wednesday, October 13, 2021 from 1:00 pm to 3:00 pm*

The financial costs of long term care and long term caregiving are enormous. Explore some of your options for this important aspect of caregiving.

### Understanding Palliative Care and Hospice

*Wednesday, November 10, 2021 from 1:00 pm to 3:00 pm*

As the end of life approaches, it is a difficult time to deal with the emotions, while still coordinating care for a loved one. Come learn about the various aspects and benefits of palliative care and hospice.

### Caregiving: An Emotional Rollercoaster

*Wednesday, December 8, 2021 from 1:00 pm to 3:00 pm*

The caregiving journey will have you experiencing many highs and lows. We'll discuss the variety of emotions that are often felt by caregivers and tips on going along for the ride.

## Details

- Sessions are free and open to the public. To register, please visit [InsightMCC.org/events](https://InsightMCC.org/events).
- Classes are geared towards family caregivers caring for a loved one at home, or friends and family.
- Until further notice, all classes will be held virtually. Once registered, participants will be emailed log-in information to join.
- All webinars will be recorded and available following the live sessions.
- Questions? Please contact us at 703-204-4664, or learn more online at [InsightMCC.org](https://InsightMCC.org).