



# BETTER DAYS FOR EVERY CAREGIVER™



## FEEL STRESSED?

Do You Help Someone ...

- Perform Housework?
- Shop?
- Bathe or Get Dressed?
- Get to Appointments?
- Sleep Safely Through the Night?



FREE ONLINE  
CAREGIVER TRAINING  
& SUPPORT IS  
AVAILABLE

## THERE IS HELP

**SIGN UP  
TODAY**



“The caregiver portal was my first support system when caring for my mother with dementia. There is so much helpful information in one place and I learned so much about providing care.”

~Laura W.

### TRAINING & SUPPORT



- Improve your confidence, reduce stress, and prevent burnout
- Connect with other caregivers through community chat rooms
- Access on-demand resources that suit your schedule
- Choose your learning preference with videos, articles, audio, interactive scenarios in English and Spanish

### VARIETY OF TOPICS



- Communication changes
- Behavior management
- Transition from hospital to home
- Personal Care
- Meaningful activities & recreation
- Your own wellness
- Heart & lung health
- Mobility & fall prevention
- Documents & decision-making
- Grief & loss
- Caring for kids

