

Caregiver Education and Support

IN-PERSON TRAINING

Powerful Tools for Caregivers: This six-week class for family caregivers is led by two trained facilitators. Training is provided by WIHA for \$275. For more information:

<https://wihealthyaging.org/powerful-tools-for-caregivers>

Caregiving Relationships: This curriculum is taught by one trained leader and includes six classes that can be taught as a 6-week series or just the desired class topics.

Savvy Caregiver: This 5-week class is taught by the Alzheimer's Association. Contact your local representative for more information. There is an on-line version as well. See On-line Family Caregiver Trainings document.

TELEPHONE SUPPORT GROUPS

Telephone Caregiver Support Group is a free support group available to any family caregiver in Wisconsin. It is held the last Tuesday of the month from 10:00-11:00 a.m. The group is facilitated by the Alzheimer's Association. Interested participants need to register by calling 1-800-272-3900.

EDUCATIONAL TELECONFERENCE CALLS

Caregiver Tele-connect: Weekly free teleconferences about subjects relating to caregiving. There is usually time for sharing at the end of the presentations so you can just listen or utilize as a support group. This is sponsored by WellMed out of Texas but is open to anyone. Participants need to register on-line or by calling 1-866-390-6491. They post the topics and speakers a month in advance. Calls are also archived to listen to at a later date. <http://caregiversos.org/caregiver-teleconnection/>

Care Connect: The Alzheimer's Foundation of America sponsors this free monthly teleconference held on the 2nd Thursday of the month from 12:00-1:00 p.m. The calls are a mix of coaching, guest speakers, Q&A and sharing. Participants can simply call 877-594-8353 (toll-free) and enter the guest identification number: 46692951# to join. For more information:

<http://www.alzfdn.org/AFAServices/careconnection.html>

ONLINE SUPPORT GROUPS

Family Caregiver Alliance: The Online Caregiver Support Group is in e-mail format. Participants send and receive e-mail to take part in discussions. You can receive your posts all together, in one delivery each day, or you can receive them one-by-one, as they are sent. For more information and to join:

<https://www.caregiver.org/support-groups>

Caring.com: Various online support groups are available based on diseases (Alzheimer's/dementia, Parkinson's, COPD, Cancer, etc.) or type of caregiving (Caring for a spouse, parent, end of life, etc). Choose your group and register at <https://www.caring.com/support-groups>

ALZConnected: Alzheimer's Association sponsors a free online community for everyone affected by Alzheimer's or other dementia via Message Boards. To join click here: <https://www.alzconnected.org/>

ONLINE TRAININGS

[The Savvy Caregiver - 4-DVD set](#) Learn the basics about dementia, how dementia affects thinking skills, your new role as a "caregiver," and effective ways to respond to changes in the behavior of your loved one. The Savvy DVDs, "Homework" CD-ROM, and Online Workbook are a coordinated set of materials recognized nationally by the U.S. Administration on Community Living.

[CARES Dementia Care for Families](#) This online program is rich with activities and video interviews of family caregivers, people with dementia, and dementia experts. Designed for facility staff and family caregivers.

[Teepa Snow Positive Approach to Brain Change](#) Find a variety of educational support through online training, live webinar events, online streaming with downloadable materials.

[Wisconsin Dementia Care Project](#) Several online courses available for family and professional caregivers including generalist, specialist, challenging behavioral specialist and renewal courses.

BOOKS *(also see Caregiver Book/DVD List for a more complete list)*

[Coach Broyles' Playbook for Alzheimer's Caregivers: A Practical Tips Guide](#) by Frank Broyles

[Creating Moments of Joy](#) by Jolene Brackey

[Daily Comforts for Caregivers](#) by Pat Samples

DVD'S *(also see Caregiver Book/DVD List for a more complete list)*

[Teepa Snow Positive Approach to Brain Change](#) has a variety of DVD's that provide practical tips on caring for someone with dementia.

[The Forgetting – A Portrait of Alzheimer's](#) - This compelling documentary follows the trials and triumphs of researchers battling Alzheimer's Disease.

[Glen Campbell...I'll Be Me](#) - The film documents this extraordinary journey as he and his family attempt to navigate the wildly unpredictable nature of Glen's progressing disease using love, laughter and music as their medicine of choice.