

# THE EMPOWERED CAREGIVER

HELPING NAVIGATE THE CHALLENGES FACED BY FAMILY CAREGIVERS.



## BUILDING FOUNDATIONS OF CAREGIVING

Tuesday, April 8

6:00 pm @ Louisburg Library

Registration Required by Noon

Explore the role of the family caregiver and changes you may experience. Learn how to build a support team and the importance of managing caregiver stress.

## SUPPORTING INDEPENDENCE

Tuesday, April 15

6:00 pm @ Louisburg Library

Registration Required by Noon

Learn how to help your loved one living with dementia take part in daily activities; providing the right amount of support, balancing safety and independence, all while managing expectations.

## MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

Tuesday, April 22

6:00 pm @ Louisburg Library

Registration Required by Noon

Understand the costs of caregiving and the benefits of early planning. Learn how to start a conversation about finances, assess financial and legal needs, avoid financial abuse and fraud and find support when needed.

## EXPLORING CARE AND SUPPORT SERVICES

Tuesday, April 29

6:00 pm @ Louisburg Library

Registration Required by Noon

Examine how to best prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

## KATHY GOUL

Presenter

Family and Consumer Science Agent & Certified Community Educator, Alzheimer's Association

While the programs in this series are designed to help individuals caring for loved ones with Alzheimer's disease or dementia, the information shared is helpful for all family caregivers, regardless of the journey they are navigating.

## REGISTER

at [www.louisburglibrary.org](http://www.louisburglibrary.org)  
or call 913-837-2217

Space is Limited  
Register by Noon

This is an educational program series provided by K-State Research & Extension

**K-STATE** Research and Extension Marais des Cygnes District

**ALZHEIMER'S ASSOCIATION**

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Kathy Goul at 913-294-4306.



206 South Broadway | Louisburg, KS 66053  
913.837.2217 | [louisburglibrary.org](http://louisburglibrary.org)



Please contact the library if assistance is needed