



COVID-19 CAREGIVER'S GUIDE

A free 3-part online series

WEDNESDAY 4/22 Living In a Virtual World

Learn how to use virtual platforms, where to access online programs and what is available to help you manage current challenges.

WEDNESDAY 4/29 Managing Common Reactions & Concerns

Learn about the progression of the disease, how to manage anxiety or cognitive decline, and discuss tips on maintaining control and managing expectations.

WEDNESDAY 5/6 Coping and Adjusting to a New Normal

Learn about coping strategies for caregivers, the challenges that come with adjustments and mindfulness techniques.

1:00 PM ON ZOOM

hosted by LIAD Center's licensed social workers

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Visit www.lidementia.org to register and receive the Zoom link. Call (516) 767-6856 with questions.