

# Davidson Caregiver Academy

*Providing practical education and support one class at a time, so you can be a confident and courageous caregiver for your loved one.*



## QUARTERLY LUNCH & LEARN SERIES



### **Stress Management for Caregivers**

**Tues, March 25, 2025, 11:30 a.m. - 1 p.m.**  
**Hospice of Davidson County**  
**200 Hospice Way, Lexington**

Learn the symptoms of burnout and explore realistic stress management techniques that can be implemented as you continue to serve as a caregiver.

### **Caregiver Resource Fair**

**Tues, May 6, 2025, 11:30 a.m. - 1 p.m.**  
**Davidson County Senior Services**  
**555-B West Center St. Ext., Lexington**

Learn more about the resources available to support you on your caregiving journey. Hear directly from providers, and get your questions answered.

### **Dementia-Related Behaviors**

**Wed, July 9, 2025, 11:30 a.m. - 1 p.m.**  
**The Life Center of Davidson County**  
**601 W. Center St., Lexington**

Learn how to understand and respond to common dementia-related behaviors and discover tips for enhancing communication with your person living with dementia. Presented by the Duke Dementia Family Support Program.

### **Legal Issues for Caregivers**

**Wed, Oct 8, 2025, 11:30 a.m. - 1 p.m.**  
**Atrium Health Wake Forest Baptist LMC**  
**250 Hospital Dr., Lexington**

Are you a family caregiver looking for information about legal issues that may affect you and your loved one? Get an overview of essential documents to ensure the legal and financial security of your family member.

**Preregistration is required (3) business days prior to each program. To register call 336.242.2290 or email [dcsslex@dauidsoncountync.gov](mailto:dcsslex@dauidsoncountync.gov)**