



Complimentary Continuing Education Webinar!

Join us for a FREE webinar that offers one (1) hour of continuing education credit * for the following California professionals: RCFE & NHAP Administrators, licensed RNs & LVNs, and LMFTs, LCSWs, LEPs & LPCCs.

Professionals can earn CE credit conveniently – however, anyone is welcome to attend!

* **Requirements for CE credit:** Participants must attend for a minimum of 60 minutes, have access to both audio and visual elements, respond to poll questions during the webinar and return the completed course evaluation.

Webinar Date: Tuesday, January 10, 2023 at 11:30am PST

Become a Resilient Dementia Care Provider

Chronic caregiver stress is known to negatively impact a person's physical and mental health. Learn how to become a resilient care provider, which can preserve and restore your emotional and physical health while navigating the uncertainty of dementia caregiving. This course will provide six key strategies that reduce stress, enhance good health and build strength through a sense of purpose and connection with others.

At the completion of the course, participants will be able to:

1. Describe the negative effects of chronic caregiver stress
2. Recognize the benefits of self-care when caring for a person with dementia
3. Identify the six strategies for increasing resiliency for caregivers



Presenter: Dr. Miriam Galindo, Psy.D, LCSW, RN is a licensed psychologist, social worker, and nurse with over 30 years of experience working in a variety of outpatient and inpatient mental health settings. A life-long learner, she is currently completing a second doctorate as a nurse practitioner specializing in neuropsychiatric disorders and chronic conditions. Dr. Galindo is also a former long-time caregiver for her late father, Henry, who was diagnosed with Alzheimer's Disease. She shares a private practice with her husband Dr. Jorge Galindo, and has been a proud volunteer for Alzheimer's Orange County since 2016.

TO REGISTER - CLICK HERE, OR GO TO: <https://bit.ly/3yyLsyz>

This webinar is brought to you by the following organizations:



For additional information about Alzheimer's Orange County's continuing education policies, including accommodations for a disability, reporting a grievance and certificates of completion, go to: www.alzoc.org/WebinarCEpolicies

CAMFT (BBS): Alzheimer's Orange County (AlzOC) is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. AlzOC maintains responsibility for this program/course and its content. This course meets the qualifications for 1 hour of continuing education credit as required by the California Board of Behavioral Sciences. AlzOC CAMFT CE Provider #134760.

BRN: Provider approved by the California Board of Registered Nursing (BRN), Alzheimer's Orange County, Provider #CEP 14757, for 1 contact hour. This document must be retained by the licensee for a period of four years after the course concludes.

NHAP: Course approved by the Nursing Home Administrator Program (NHAP) for 1 hour of webinar continuing education credit – AlzOC Vendor #CEP 1776. NHAP course approval number #1776001-8850/P.

RCFE: Course approved by the California Department of Social Services (CDSS) for 1 hour of webinar continuing education credit for RCFE administrator recertification. Alzheimer's Orange County, RCFE Vendor #2000147-740-2. RCFE Course approval number #147-0149-36388. Core of Knowledge: Managing Alzheimer's Disease and Related Dementias.