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Alzheimer's Los Angeles Offers Free Training for California Unpaid Family & Friend Caregivers

Courses delivered through the CalGrows program to caregivers for older adults and adults with disabilities.

(Los Angeles, CA) – Alzheimer's Los Angeles is announcing the launch of its Multilingual Family Caregiver Dementia Care Training Program, offered through the CalGrows workforce training and development program. Registration is now open for courses available to caregivers working with older adults and people with disabilities, helping support Californians on a path to a career in health care.

"Family and friend caregivers are frequently very busy and stressed," said Heather Cooper Ortner, President and CEO for Alzheimer's Los Angeles. "Support from CalGrows enables us to address an unmet need by providing flexibility and ease of access to people caring for a person with Alzheimer's or another dementia at home by offering trainings in multiple languages and through multiple modalities."

CalGrows seeks to help build individual skill sets, job satisfaction, and growth opportunities, helping further careers and the retention of skilled, experienced caregivers for older adults and people with disabilities. Qualified applicants can also receive up to \$6,000 in financial incentives and career pathway development benefits.

The Multilingual Family Caregiver Dementia Care Training Program offers culturally and linguistically tailored disease education, and skills training to ensure informal caregivers improve their dementia care knowledge and caregiving skills. By identifying family caregivers, educating them about dementia, providing caregiving skills, and connecting them to supportive resources, this program will ensure that they are equipped to provide better quality care in the preferred home environment.

The program offers caregivers a four-class course through current delivery modalities (in person and live online via Zoom) and will pilot uptake of classes offered as a course and of delivery via a new online, on-demand modality, allowing caregivers to access classes at their convenience

and via their preferred mode. Alzheimer's Los Angeles is uniquely situated to deliver this program to the highly diverse family and friend caregiver community of LA County.

Topics in the four-session course include Memory Loss & Alzheimer's, Communication, Behaviors, and Keeping Home Safe. In-person and live online trainings are available now in English, Spanish, and Chinese Mandarin. The on-demand trainings are currently in production and will be available this fall in English and Spanish.

Free training, along with personalized coaching, is available for paid direct care workers, Home and Community-Based Services (HCBS) caregivers, and unpaid family and friend caregivers through the CalGrows website at www.calgrows.org. Courses from Alzheimer's Los Angeles are available in person, online with a live presenter, and on-demand, coming this fall, with pre-recorded videos, along with courses from other training providers, and are searchable by topic, location, language, and incentive.

Alzheimer's Los Angeles is one of 76 organizations across California that received a grant through the CalGrows Innovation Fund earlier this year. Grants were awarded to diverse organizations with innovative ideas to offer training and incentives for the direct care HCBS workforce and unpaid family and friend caregivers.

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About Alzheimer's Los Angeles

For more than 40 years Alzheimer's Los Angeles has served people throughout Los Angeles County. 100% of funds raised stay local, providing free care and support for individuals and families. Low-cost training and education are also offered for professionals. Alzheimer's Los Angeles focuses on care, support, advocacy, and local research. Alzheimer's is a devastating neurodegenerative disease that weakens the memory and other cognitive and emotional functions. For more information, call the Helpline at 844.HELP.ALZ or visit www.alzheimersLA.org

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