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.



Stress Management for Caregivers

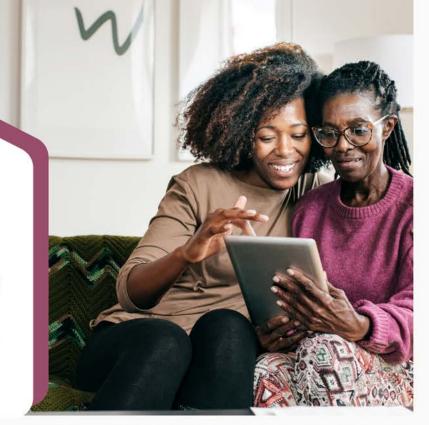
Tues, March 25, 2025, 11:30 a.m. - 1 p.m. Hospice of Davidson County 200 Hospice Way, Lexington

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.



QUARTERLY LUNCH & LEARN SERIES









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.