

WEBINAR: November 17, 2026 | 1:00-2:00pm EST

# Remembering Who I Am: Honoring Identity Through the Dementia Journey



Caregiving can change many things—but it does not erase who you are. Sometimes, being a caregiver can become such a large part of life that we lose touch with the person we were before caregiving. At the same time, the person we care for is changing too. Dementia may affect their abilities, independence, communication, roles, and relationships. These changes can be difficult to witness and may leave both people wondering, “Who am I now?” and “Who are we now?” Join us to explore how to honor the past, make room for what is present and be open to what is becoming.

**CLICK HERE  
TO REGISTER**

## FOR MORE INFORMATION:

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