



The Dementia Care Plan ECHO: What Care Partners Need to Know

NO-COST, 4-PART SUPPORT & EDUCATION SERIES FOR PENNSYLVANIA CAREGIVERS

- ✓ Held 9-10 a.m.
- ✓ Virtual

4 Weekly Sessions

Aug. 25 | Sep. 1 | Sep. 8 | Sep. 15

Flip to learn more
about Project ECHO



Register Here

<https://redcap.link/DCP26>

You Don't Have to Walk This Path Alone. Caring for a loved one living with dementia is a profound and deeply personal journey. As a care partner, you provide essential support, love, and daily assistance—but navigating the evolving complexities of dementia can often feel overwhelming.

The Dementia Care Plan ECHO is a collaborative, virtual learning community designed specifically for care partners across Pennsylvania. Using the proven Project ECHO “all teach, all learn” model, this program connects you with dementia care experts and fellow caregivers to share knowledge, discuss real-world challenges, and find meaningful support.

- » Rolling registration.
- » Register one-time to access all sessions.
- » Attend as your schedule allows.



WHY JOIN THIS ECHO PROGRAM?

- **Expert Guidance:** Learn directly from specialists about the latest in brain health, safety, and care planning.
- **Practical Strategies:** Walk away from every session with actionable tools to improve daily care and prevent crises.
- **Peer Connection:** Build a network of support by connecting with other PA care partners.
- **Personal Resilience:** Caring for yourself is just as important as caring for your loved one. Discover proven techniques to protect your own mental and emotional well-being.



WHO SHOULD ATTEND?

This program is completely free and is tailored specifically for family members, friends, and unpaid care partners of persons living with dementia residing in Pennsylvania.

Secure your spot and register today!

Project ECHO programs are designed to be interactive, welcoming, and practical—no medical background required. You'll have opportunities to ask questions and learn in a supportive environment.



“All Teach, All Learn”

The Project ECHO model of continuing education leverages the power of all participants learning and sharing together. ECHO sessions consist of a brief educational presentation with Q&A, followed by group discussion on de-identified cases submitted by participants. As such, it is a guided, virtual learning community aimed at supporting attendees in accessing expertise.

PARTICIPATING IS FREE, SIMPLE AND VIRTUAL

- Register for the program at no cost, and get reminders for upcoming sessions.
- Submit cases when you can (and if you want) for review and consultation during sessions.
- Join sessions virtually wherever you are located.
- No need to travel. Participation takes just one hour of your day.

BENEFITS FROM PARTICIPATION

- A statewide learning community of participants like you.
- Presentations from subject matter experts on topics you help to select.
- Suggestions on managing your most scenarios.

What to Expect

- Experts dedicated to sharing knowledge with you and learning from you
- A welcoming atmosphere where people feel comfortable participating
- Responsiveness to your feedback on evaluations
- Respect for your experiences, skills and time
- Increased knowledge

Project ECHO

Project ECHO (Extension for Community Healthcare Outcomes) is an internationally-recognized, evidence-based approach to continuing education and tele-mentoring that leverages the power of sharing knowledge across miles and across disciplines. Project ECHO started at Penn State College of Medicine in 2018 and aims to improve health outcomes and access to care within and beyond Pennsylvania.

