

Join the Family Caregiver Support Program along with a Generous Collaboration of
Community Experts in their Field of Aging and Self-Care Related Topic

SPRING 2016

AGING & CAREGIVING SERIES

This six-week series of classes is designed to provide instruction and support to caregivers who are or are planning to care for a family member or friend age 60 or older.

Class Location: Lake Tahoe Resort Hotel

4130 Lake Tahoe Blvd. (Hwy 50)

South Lake Tahoe, CA 96150

Time: 1:00 p.m. to 3:00 p.m.

APRIL 18th

Legal Rights/Responsibilities of Caregiving: How to Stay Out of Trouble

Diana Steele, Attorney, El Dorado County Senior Legal

Legal and Ethical duties and decisions will be discussed including other responsibilities associated to the health and well being of your loved one.

APRIL 25th

Understanding & Responding to Dementia Related Behavior

Denise Hund, Alzheimers Association of N. California and Nevada

A four step model to address behavioral aspects of dementia.

MAY 2nd

Grief, Loss and Healing Through Art

Rebecca Phillipsen, SW, Barton Home Health and Hospice

Creative expression can help lift one's spirit and can help the griever bring to the surface chaotic emotions that are deep.

MAY 9th

Maximizing Your Golden Years

Heather Lallement, CHPN, RN, Barton Home Health and Hospice

Discussion on how to maintain your physical health safely as you age and how age progression affects mobility and physical function.

MAY 16th

Transitioning from Hospital to Home

Jason Collin, Director Barton Home Health and Hospice

Returning home from a hospital stay can result in unexpected challenges for many seniors. Learn tips and discuss the process of transitioning home safely.

MAY 23rd

The Ins and Outs of Rehabilitation

Staff members from Barton Home Health and Hospice

Discussion pertaining to Physical Therapy, Occupational Therapy and Speech Therapy.

All classes and materials will be provided at no cost. **DONATIONS are gratefully accepted.**

RESPIRE is available to qualified caregivers. Pre-authorization is required for respite services.

For more information or to register,
e-mail: tiffany.whitmore@edcgov.us or call El Dorado County Health and Human Services

Family Caregiver Support Program at (530) 621-6151 or 800-510-2020