

El Dorado County Health and Human Services Agency

FAMILY CAREGIVER SUPPORT AND PUBLIC AUTHORITY
AGING & CAREGIVER MINI SERIES

THIS SERIES OF CLASSES IS DESIGNED TO PROVIDE INSTRUCTION AND SUPPORT FOR CAREGIVERS WHO ARE OR PLAN TO CARE FOR A FAMILY MEMBER OR FRIEND 60 YEARS OF AGE OR OLDER.

CLASSES WILL BE HELD ON:

TUESDAYS: JANUARY 19, 26 AND FEBRUARY 2, 2016 FROM 2:30 P.M. TO 4:00 P.M.

GREENWOOD COMMUNITY CENTER

4401 HWY 193 - NEXT TO CCC

GREENWOOD, CA 95635

ALL CLASSES AND MATERIALS ARE OFFERED AT NO CHARGE, DONATIONS ARE GRATEFULLY ACCEPTED.

LIGHT REFRESHMENTS WILL BE SERVED

Tuesday January 19th ~ The Basics: Memory Loss, Dementia and Alzheimer's Disease

Presenter: Alexandra Weisgerber, Associate Clinical Social Worker Alzheimer's Association of Sacramento

Learn about the differences between normal aging and dementia, the basics of Alzheimer's disease and related disorders, the diagnostic process, and management of the disease. Learn about resources offered by the Alzheimer's Association, keys for planning for the future, and how family members and caregivers can help the person with dementia.

Tuesday January 26th ~ Rights and Responsibilities of a Health Care/Financial Agent

Presenter: Diana Steele, Senior Legal Attorney, El Dorado County

Being a caregiver comes with many responsibilities including legal and ethical duties and decisions. Diana Steele will discuss the rights and responsibilities of a health care and/or financial agent, including many other responsibilities that are associated to the health and well-being of your loved-one. Please bring your questions on this important topic.

Tuesday February 2nd ~ Caring for the Caregiver: Mindful Self Care

Presenter: Nancy Symons

"Just take time for yourself" - the advice we all get from well meaning friends and family for those of us living with the demands of caring for a loved one. But how do we "take time" and find respite when it feels there is no time and we are unable to get away? In this presentation, we will explore various resources for finding solace and respite in the midst of the many demands during a caregiver's day.

**To Register Call: El Dorado County
Family Caregiver Support Program**

530-621-6192 or 800-510-2020

(Toll free within the 530 area code)



Respite care provided to qualified caregivers, please call 530-621-6192 for information

Sponsored In-Part By: Alzheimer's Association of Sacramento, El Dorado County Senior Legal Services