

Class to focus on care giving skills

Elder Options is sponsoring an educational forum Feb. 25 from 9am-1pm called Introduction to Care Giving Skills. Taught by Roberta Rimbault, this class will focus on what caregivers need to know either at the beginning of care or to develop the knowledge and skill to develop these skills as a new profession.

Introduction to Care Giving Skills is the key to opening the door to older adulthood, to understanding the issues around getting older, how to be safe, physically active, maintain good health and dietary habits as well as recognizing the independent spirit within or with others you're working with. It is geared toward the older individual, adults who are helping to provide the care, and individuals wanting to learn more about the growing field of older adults.

All classes are open and available to the community at-large. The class will be at the Cameron Park CSD. Cost is \$35.

Call (530) 350.4655 to register. Class is limited to 20 participants.