

EDC to offer series of caregiving classes

El Dorado County is putting on five weeks of aging and caregiving classes.

They are designed to provide instruction and support for caregivers who are or are planning to care for a family member or friend age 60 or older.

Classes include:

Oct. 12: Mealtime Matters: The Importance of Nutrition in the Elderly;

Oct. 19: Understanding the Stages of Alzheimer's Disease;

Oct. 26: Compassion Fatigue: Caring for the Caregiver;

Nov. 2: Music and Memory: Awaken the Minds of Dementia;

Nov. 9: Legal Rights/Responsibilities of Caregiving: How to Stay Out of Trouble.

The classes are at Lake Tahoe Resort Hotel in South Lake Tahoe from 1-3pm.

All classes and materials are free, though donations are accepted.

For more information or to register, email tammy.bragg@edcgov.us.