

Caregiver classes available in South Tahoe

El Dorado County Health and Human Services Agency, Family Caregiver Support Program is offering a free Aging & Caregiver educational series in South Lake Tahoe.

The six-week educational series will be on Mondays beginning April 18, from 1-3pm at the Lake Tahoe Resort Hotel, 4130 Lake Tahoe Blvd., South Lake Tahoe. The series will provide instruction and support for people who care for or plan to care for a family member or friend aged 60 years or older.

The series topics will include the following:

- **April 18 – Legal Rights/Responsibilities of Caregiving: How to Stay Out of Trouble:** Legal and ethical duties and decisions will be discussed including other responsibilities associated to the health and well-being of your loved one.
- **April 25, – Understanding & Responding to Dementia Related Behavior:** A four step model to address behavioral aspects of dementia.
- **May 2, – Grief, Loss and Healing through Art:** Creative expression can help lift one's spirit and help the griever deal with emotions they may face.
- **May 9, – Maximizing Your Golden Years:** Discussion on how to maintain your physical health safely as you age and how age progression affects mobility and physical function.
- **May 16, – Transitioning from Hospital to Home:** 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 23, – The Ins and Outs of Rehabilitation:** Staff from Barton Home Health Rehabilitation will discuss physical

therapy, occupational therapy and speech therapy.

The educational series will be presented by local experts in their respected fields. Participants may attend one or all of the classes. The classes are free, although donations are accepted. Advanced registration is requested, but not required, by calling 530.621-6151.