# Series of caregiver support classes in SLT

The Family Caregiver Support Program of the El Dorado County Health and Human Services Agency is putting on a free aging and caregiver educational series in South Lake Tahoe.

It will be weekly on Mondays beginning April 17 and ending May 22, 1-3pm at the Lake Tahoe Resort Hotel in 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 will feature a different topic each week:

- April 17: Caring for the Caregiver: Mindful Self Care — Learn how to "take time" and find respite when it feels there is no time. This presentation will explore various resources for finding solace and respite.
- April 24: Welcome to Planet Alzheimer's — Learn how to successfully communicate with the person in your life who has Alzheimer's disease or related dementia.
- May 1: Disaster Preparedness Planning for Family Caregivers — Learn how caregivers can identify potential challenges and take steps necessary to prepare for disasters.
- May 8: Difficult Conversations — Learn helpful tips to handle difficult conversations with family members, including deciding when to stop driving, making legal and financial plans, and going to the doctor.
- May 15: Financial Power of Attorney and Advanced Health Care Directives — Learn the legal rights and responsibilities of a health care and/or financial agent, including many other responsibilities associated with the health and well-being of your loved one.
- May 22: Do I Really Need all These Medications? This

presentation will focus on the most common prescriptions and possible interactions that may occur, as well as the need to review and/or adjust medications on a regular basis.

Participates may attend one or all of the classes. The classes are free; donations are accepted. Light refreshments will be served.

Advanced registration is requested, but not required. Call 530.621.6151 to register for one or more classes, or for questions.