

# Free caregiving support classes in S. Lake Tahoe

The Family Caregiver Support Program of the El Dorado County Health and Human Services Agency is hosting a free Aging and Caregiving educational series in South Lake Tahoe.

This series will be weekly on Mondays from 1-3pm beginning April 16 and ending May 21 at Lake Tahoe Resort Hotel.

The educational series will give instruction and support for people who provide care for a family member or friend aged 60 years or greater. The series will feature a different topic each week:

- April 16: Challenges of Caregiving and Self Care – Rebecca Phillipsen with Barton Home Health and Hospice. Discussion regarding the importance of self-care specific to the challenges of caregiving.
- April 23: Living with Alzheimer's Mid-Stage Caregiving – Denise Hund with Alzheimer's Association of Northern California and Northern Nevada. Learn the symptoms and care needs associated with the middle stage of Alzheimer's disease. Discussion will include effective ways to provide personal care and manage challenging behaviors.
- April 30: Feed Your Brain and Dispel Food Myths – Theresa Fagouri with El Dorado County Public Health. Discussion regarding the importance of hydration and proper nutrition for caregivers and their loved ones. Also learn how to make nutritious and quick meals on a budget.
- May 7: Legal Rights and Responsibilities of an Agent – Michelle Ward with El Dorado County Senior Legal Services. Learn the rights and responsibilities of a health care and/or financial agent. Legal and ethical

duties and decisions will be discussed including other responsibilities associated with the health and well-being of your loved one.

- May 14: Disaster Preparedness Planning for Family Caregivers – Lesley Coovelis and Kristine Oase Guth with El Dorado County Emergency Preparedness and Response. Learn how to be informed about emergencies/disasters with emphasis on special consideration for those with dementia, disabilities or other health needs when making an emergency plan.
- May 21: Responsibilities of the Long-Term Ombudsman – Mark Lee with El Dorado County Ombudsman Program. Learn about this valuable program and how a Long-Term Care Ombudsman advocates for quality of care and life of residents in nursing homes and assisted living facilities.

Participants may attend one or all of the classes. The classes are free; donations will be accepted.

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