

Fall Caregiver



Series 2011

This series of six week classes is designed to provide instruction and support to caregivers who are or plan to care for a family member or friend 60 years of age or older.

Registration is open to the public. Classes and materials will be provided free of charge, although donations will be gladly accepted.

Classes will be held from:

1:00 PM to 3:00 PM

Embassy Suites

4130 Lake Tahoe Blvd. (Hwy 50)

South Lake Tahoe, CA 96150

Refreshments will be provided, contributions are greatly appreciated if you choose to contribute to the

Family Caregiver Support Program it is purely voluntary; and services will not be denied to individuals who do not contribute.

- ♦ **Monday, October 24: *Controlling Clutter & Downsizing***
Lisa Smith-Youngs, Program Coordinator- The Senior Connection
- ♦ **Monday, October 31: *Dealing with Difficult Behaviors***
Larry Dawes, MSW- Eskaton Care Management
- ♦ **Monday, November 7: *Stages of Caregiving***
Part One: Assessing Needs (Homework assignment encouraged for active caregivers)
Larry Dawes, MSW-Eskaton Care Management
- ♦ **Monday, November 14: *Stages of Caregiving***
Part Two: Transition Strategies and New Environments
Larry Dawes, MSW- Eskaton Care Management
- ♦ **Monday, November 21: *The Three Faces of the Aging Mind***
Larry Dawes, MSW- Eskaton Care Management
- ♦ **Monday, November 28: *The ABC's of UTI's (Urinary Tract Infections) & 1, 2, 3's of Body Mechanics***
To register call: *El Dorado County Family Caregiver Support Program*
530-621-6192, 530-621-6151 or 1-800-510-2020 (Toll-Free within the 530 area code)

In-home respite is available to qualified caregivers!

Sponsored in part by

Barton SNF, Home Health and Hospice, Embassy Suites Lake Tahoe Resort, Harrah's/Harvey's, Starbucks (at the "Y")