

Fall 2012

“Aging and Caregiving Series”

Designed for persons 60 years or older and/or informal caregivers caring for a person 60 years or older, or a dementia diagnosis.

October 8, 2012: Health Insurance and Counseling

Advocacy Program (HICAP): Learn the “Medicare Basic’s” ~ The A to Z’s related to Medicare Part A, B, C, and D.

October 15, 2012: Alzheimer’s and Dementia Overview:

Discussion will include the importance of obtaining an early diagnosis, symptoms, stages and treatments available.

October 22, 2012: Personal Care:

Become familiar with basic personal care assistance, signs and symptoms of skin integrity.. Tried and true techniques and products to maintain optimum care for a loved one .

October 29, 2012: Managing Incontinence:

Loss of bladder control can cause emotional distress as well as physical complications. Learn about the causes of incontinence, gender-specific products and Medi-Cal changes .

November 5, 2012: Holiday Havoc:

Discussion will include strategies for the medically fragile and memory impaired during the holiday season. Topics include: management of special visits, changes in schedule, keeping track of medications and difficult emotions.

November 12, 2012: Preparing for the Inevitable:

Many people don't encounter funeral homes or funeral directors until they have to plan a funeral following the death of a loved one. Join John Lawrence as he discusses Frequently Asked Questions (FAQ) related to this very difficult topic.

Embassy Suites

4130 South Lake Tahoe Blvd.

South Lake Tahoe, CA 96150

~Mondays~

2012

October 8, 15, 22, 29 &

November 5, 12

1:00 PM to 3:00 PM

For more Information call:

El Dorado County Area

Agency on Aging

(530) 621-6151 or

1-800-510-2020

All classes and materials are offered at no charge, donations are gratefully accepted.

Free RESPITE provided to qualified caregivers, prior authorization required.

Sponsored in part by:

El Dorado County Family Caregiver Support Program, Public Authority and Senior Health Education Program

Special Thanks to:

Embassy Suites Lake Tahoe Resort, Starbuck’s at the “Y”, Harrah’s/Harvey’s, Alzheimer’s Association of N. NV. and Autumn