



2014 FALL AGING & CAREGIVING SERIES

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

*All classes and materials are offered **FREE** of charge*

DONATIONS are gratefully accepted

Classes will be held from 1:00 p.m. to 3:00 p.m.

LAKE TAHOE RESORT HOTEL (formerly Embassy Suites)

4130 Lake Tahoe Blvd. (Hwy 50)

South Lake Tahoe, CA 96150



NEW

October 20th Disaster Preparedness Planning for Family Caregivers
Michelle Patterson, MPH and Lesley Coovelis, EDC Public Health Preparedness & Response with Leona Allen — Administrative Assistant, Lake Valley Fire District

Planning ahead can make all the difference. Caregiving is challenging enough, if a disaster happens do you have a plan? Learn how to identify potential challenges and take the steps necessary to guard against and prepare for disasters.

October 27th Coping with Grief and Loss — Rebecca Phillipsen, SW, Barton Home Health and Hospice
GRIEF, noun \ 'grēf\ a cause of deep sadness **LOSS**, noun \ 'lòs\ the state or feeling of grief when deprived of someone or something of value.

Learn to understand your feelings of grief and loss, while learning several effective techniques to healthy healing.

NEW

November 3rd Techniques for Maintaining Healthy Skin — Karen Wilson, BS, RN, CWON
Barton Memorial Hospital

As our loved one ages it becomes more important that we pay closer attention to their skin. Learn how to maintain good skin integrity and recognize signs and symptoms of compromised skin.

November 10th The Basics: Memory Loss, Dementia and Alzheimer's Disease — Jacob Harmon,
Alzheimer's Association of N. NV and N. CA

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This lecture will include information on detection, causes, risk factors, stages of the disease, treatment, and much more.

November 17th Senior Legal Services — Diana Steele, Attorney, El Dorado County Senior Legal

Learn the rights and responsibilities of a health care and/or financial agent; Including many other responsibilities that are associated to the health and well-being of your loved-one. Please bring your questions on this very important topic.

NEW

November 24th The Basics and Beyond of Medi-Cal and Medicare
Your local Medi-Cal and HICAP Representatives

Meet experts in the field of Medi-Cal and Medicare as they explain current programs, qualifications, and upcoming changes.

To Register, call El Dorado County Family Caregiver Support Program at:

530-621-6369 or 800-510-2020

FREE In-Home RESPITE is available to qualified caregivers!

Pre-Authorization is required for RESPITE services