

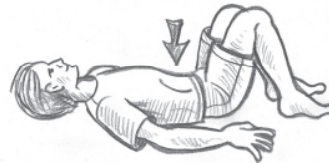
Caregiver Assistance News

"CARING FOR YOU... CARING FOR OTHERS"

Lifting Safely – Watch Your Back!

As a caregiver, you may have to help the person in your care move from place to place by lifting her. When you learn how to control and balance your own body, you can safely control and move another person. You can injure your back by *not focusing* on what you are doing, whether you are bending improperly to pick a pen up off the floor or loading the dishwasher. Being a caregiver puts you at even more risk for back injuries. Many occur when lifting, moving, transferring or changing the position of the person in your care. Improper movements can cause injury to the person being moved, such as abrasions to skin, strains, sprains and tears—even fractures. Learn how to avoid harming yourself *and* the one in your care.

- If the bed is low, put one foot on a foot stool. This relieves pressure on your lower back.
- Consider using a back support belt.
- If sitting for extended periods, get up every 20 minutes to give your spine relief.



Prevent Back Injury

Use the same procedure for all transfers, so that a routine is set up:

- Never lift more than you can comfortably handle.
- Create a base of support by standing with your feet 8–12 inches apart (about shoulder width), with one foot a half step ahead of the other.
- DO NOT let your back do the heavy work: USE YOUR LEGS. (The back muscles are not your strongest muscles.)

Stay fit by exercising and strengthening back and abdominal muscles.

- Gently stretch often during the day.
- Maintain a healthy weight to reduce pressure on your spine.
- Have a program to manage stress such as yoga, meditation or even simple walking.
- Quit smoking, as nicotine slows the flow of blood to the vertebrae and disks and impairs their function. Smokers tend to lose bone faster than nonsmokers, putting them at risk for osteoporosis.

Article continues
on page 2

Extra Stress on Back and Joints

If you are overweight, lose weight. Excess weight puts extra stress on back and stomach muscles and on joints. One pound of extra weight puts four extra pounds of stress on knee joints.

Raising the Person's Head and Shoulders

1. If possible, ask the person to lift her head and dig both elbows into the bed to support her body.
2. Face the head of the bed, feet 8–12 inches apart, knees bent, back in neutral.
3. Help the person lift her shoulders by placing your hands and forearms under the pillow and her shoulder blades.
4. Use bent knees, back in neutral, and locked arms to assist the lift.
5. Adjust the pillow.

Helping a Person Sit Up

1. Tell the person what you are going to do.
2. Bend the person's knees.
3. Roll her on her side so she is facing you.
4. Reach one arm under her shoulder blade.
5. Place the other arm in back of her knees.
6. Position your feet 8–12 inches apart with your center of gravity close to the bed and the person.
7. Keep your back in a neutral position.
8. Count "1-2-3" and shift your weight to your back leg.
9. Shift the person's legs over the edge of the bed while pulling her shoulders to a sitting position.
10. Remain in front of her until she is stabilized.



NOTE If during a transfer you start to “lose” the person, do not try to hold her up. Instead, lower her to the floor.

Taking Care of Yourself—Live Longer With Exercise

Studies show that regular exercise can make us live longer. Why you should start making some lifestyle changes to be more active:

- ✓ Exercise gives you a healthier heart because it burns fat and helps lower bad cholesterol while increasing good cholesterol levels.
- ✓ Exercise keeps the brain healthy, thus reducing the risk of stroke, dementia and Alzheimer's disease.
- ✓ Exercise helps you maintain a healthy weight and reduce blood sugar levels, thus preventing diabetes.
- ✓ Exercise helps you stay strong and mobile because it improves muscle strength, joint mobility and flexibility, and bone mass.



Be Wary of Scams

Guard your Medicare number – which in most cases is your Social Security number – the same way you would protect your bank and credit card information. Don't give it to anyone you don't know for certain is part of your health care team. Medicare will never call or email you with product offers.

Live Life Laughing!

My blood pressure pills make me dizzy, but that's the price we pay for getting old. Thank God we can still drive!



Inspiration

"Blessed are the flexible, for they shall not be bent out of shape."

Don't Fall – Be Safe Vision & Hearing

Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.

Caregiving in The Comfort of Home®

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

Ordering Info

From the publishers of

*Caregiving in
The Comfort of Home®*

Caregiver Series

available from...

CareTrust Publications LLC
PO Box 10283, Portland, OR 97296
800-565-1533
or www.comfortofhome.com

Comments and suggestions welcome.

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SAFETY TIPS—First Consider the Task

Think about what you are capable of, what assistance you might need and to what degree the one in your care can assist you. Eliminate hazards such as clutter, throw rugs, or excess furniture. When planning on the space you need to transfer, allow for more space than you think you need.

- ★ Let the person you are helping do as much as he can do safely.
- ★ Never let the person put his arms around your neck.
- ★ Have the person PUSH off rails, chair arms, etc. (No pulling)
- ★ Avoid sudden jerking movements; move slowly and communicate what you are doing and need the person to do. Remember, if the person in your care does not move often, he may become lightheaded with a change in position—**move slowly!**
- ★ Have all equipment you need ready, such as a transfer belt, wheelchair etc. Make sure wheelchair or bed brakes are locked.
- ★ If, during a transfer, you start to “lose” the person, do not try to hold him up. Doing so will probably result in injury. Instead, lower him slowly to the floor and call for assistance.

NEXT ISSUE... DEPRESSION – WHAT YOU EAT MATTERS

Caregiver Assistance News

“ C A R I N G F O R Y O U . . . C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

The chronic stress many caregivers face can cause back pain or increase pain caused by a previous injury. The intensity of pain can range from constant to piercing, affecting both your quality of life and your ability to provide care. Answer True or False to the questions below.

1. Improper movements can cause injury to the person being moved, such as abrasions to skin, strains, sprains and tears—even fractures.
T F
2. Create a base of support by standing with your feet 8–12 inches apart (about shoulder width), with one foot a half step ahead of the other.
T F
3. The back muscles are your strongest muscles.
T F
4. Maintain healthy weight to reduce pressure on your spine.
T F
5. Let the person you are helping do as much as he can do safely.
T F
6. The nicotine in cigarettes slows the flow of blood to the vertebrae and disks and impairs their function.
T F
7. When lifting a person, avoid sudden jerking movements; move slowly and communicate what you are doing and need the person to do.
T F
8. When planning on the space you need to move, pivot, or transfer, allow for more space than you think you need.
T F
9. You can injure your back by *not focusing* on what you are doing.
T F
10. Extra weight does not put stress on knee joints.
T F

Name _____

Signature _____ Date _____

APRIL 2016 EVENTS

You are not alone ... Please join us at one of the following sessions

~ "FREE" Family Caregiver Support Groups and Educational Trainings ~

ALZHEIMER'S SUPPORT GROUP

WHEN: TUESDAY, APRIL 5TH
TIME: 6:00 p.m.
WHERE: Y.W.C.A.
ADDR.: 4601 Corona Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, APRIL 14TH
TIME: 3:00 p.m.
WHERE: Mirador
ADDR.: 5857 Timbergate Drive, Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: TUESDAY, APRIL 19TH
TIME: 9:30 a.m.
WHAT: General Caregiver Support Group
WHERE: Brookdale
(Formerly Homewood Residence)
ADDR.: 6410 Meadow Vista, Corpus Christi
PHONE: (361) 980-0208
FACILITATOR: Anita Valles

WHEN: WEDNESDAY, APRIL 20TH
TIME: 3:00 p.m.
WHERE: Alice Public Library
ADDR: 401 E. Third Street, Alice
PHONE: (361) 883-3935 or 1-800-817-5743

WHEN: THURSDAY, APRIL 21ST
TIME: 10:30 a.m.
WHERE: Lexington Place Nursing & Rehab
ADDR.: 1661 West Yoakum, Aransas Pass
PHONE: (361) 758-7686

WHEN: THURSDAY, APRIL 28TH
TIME: 4:30 p.m.
WHERE: Kleberg County Nursing & Rehab
ADDR.: 316 General Cavazos Blvd., Kingsville
PHONE: (361) 883-3935 or 1-800-817-5743

GRANDPARENTS AND OTHER RELATIVES RAISING CHILDREN - GRRC

WHEN: TUESDAY, APRIL 12TH
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743
TOPIC: Motivating Children to Responsible Behavior

WHEN: TUESDAY, APRIL 26TH
TIME: 10:00 a.m. — 11:00 a.m.
WHERE: Greenwood Senior Center
ADDR.: 4040 Greenwood Drive; Corpus Christi
PHONE: (361) 883-3935 or 1-800-817-5743

WHAT: (*) EVENING SUPPORT GROUP
WHEN: Thursday April 28th
TIME: 6:00 p.m. — 7:00 p.m.
WHERE: First United Methodist Church
ADDR: 900 South Shoreline Blvd.; Corpus Christi
2nd floor—Rm #216 / parking & entrance behind church
PHONE: (361) 334-2255
FACILITATED/PRESENTED BY: MCH FAMILY OUTREACH
(*) Please call if you will bring your grandchild(ren)

For additional information contact:

FELIPA LOPEZ WILMOT
Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153
Toll Free: 1-800-817-5743
email: felipa@cbcogaaa.org

~ OR ~

MONZERATT SILGERO
NFCSP (Interim) Administrative Assistant

Office: (361) 883-3935 ext - 5156
Toll Free: 1-800-817-5743
email: NFCSP@cbcogaaa.org

Facilitations are provided by:
THE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM
a program of the:



CARE PROVIDER TRAINING

A facilitation provided by:
The National Family Caregiver Support Program
a program of the:



WHEN: Wed., May 11, 2016
TIME: 9:00 a.m. to 5:00 p.m.
WHERE: AREA AGENCY ON AGING
ADDR.: 2910 LEOPARD STREET
CORPUS CHRISTI, TEXAS

!! FREE 8 HOUR TRAINING !!

LEARN TO PROVIDE PERSONAL CARE TO SENIORS AND PERSONS WITH PHYSICAL DISABILITIES TO ENHANCE AND PROMOTE THE "QUALITY OF CARE IN THE HOME".

MODULE TOPICS:



- ◆ **Roles & Responsibilities of a Care Provider**
- ◆ **Assisting with Personal Care**
- ◆ **How to Help Someone who uses Adaptive Aide(s)**
- ◆ **Caring for Someone with Early to Mid Stage Alzheimer's**
- ◆ **Caring for Someone with Mid to Late Stage Alzheimer's**
- ◆ **Community Resources**

* Seating is limited; call to reserve your space * Certificate of completion will be awarded at end of class *

For additional information contact:

~ **FELIPA LOPEZ WILMOT** ~
Family Caregiver Program Specialist

Office: (361) 883-3935 ext - 5153
Toll Free: 1-800-817-5743
email: felipa@cbcogaaa.org

OR

~ **MONZERATT SILGERO** ~
NFCSP (Interim) Administrative Assistant

Office: (361) 883-3935 ext - 5156
Toll Free: 1-800-817-5743
email: nfcsp@cbcogaaa.org



The Area Agency on Aging of the Coastal Bend
is funded in part by the:
Texas Department of Aging and Disability Services

The Area Agency on Aging
is a program of the:



Stress-Busting Program for Family Caregivers™



**Program for Family Caregivers of People with Alzheimer's
Disease or Dementia**

**Do you provide care for a loved one with Alzheimer's
disease or dementia?**

You Are Not Alone

- We know caregiving can be stressful
- This program will teach:
 - stress management techniques
 - relaxation and coping strategies
- Program available at no cost

Information

Who: Family caregivers of a loved one with dementia

What: Multi-component program meets

- 90 minutes/ week for 9 weeks
- Groups of up to 8 people

Where: Caregiver SOS @ Lindale
3135 Swantner

When: Classes begin April 5th 2-3:30 pm

*"I was at a very low point in my life. This program saved my life."
Participant*



Distributed by

WELLMED
CHARITABLE FOUNDATION



Developed at
UT HEALTH
SCIENCE CENTER™
SAN ANTONIO

Please call for more information or to register:

361-826-2343

www.caregiverstressbusters.org

D-SBP19

Stress-Busting Program for Family Caregivers™



Programa para eliminar el estrés de las personas que cuidan a sus familiares

¿Cuidas a un ser querido que tiene la enfermedad de Alzheimer o demencia?

¡No estás solo!

- Sabemos que cuidar a otra persona puede ser estresante
- Este programa te enseñará:
 - las técnicas para manejar el estrés
 - las estrategias de relajación y para sobrellevar el estrés
- El programa se ofrece sin costo alguno

Información

Quién: las personas que cuidan de un ser querido que tiene demencia

Qué: un programa de varios componentes que se reúne

- 90 minutos cada semana durante 9 semanas
- en grupos de hasta 8 personas

Dónde: En Corpus Christi

Cuándo: Sera anunciado en el futuro

"Había llegado a un punto muy bajo en mi vida. Este programa me salvó la vida".

Distribuido
por
WELLMED
CHARITABLE FOUNDATION



Elaborado en
UT HEALTH
SCIENCE CENTER
SAN ANTONIO



Para pedir más información o para inscribirte llama al:

361-883-3935

www.caregiverstressbusters.org

Virtual Dementia Tour® Facilitator Training Agenda

WHEN: Tuesday, April 21, 2016

**WHERE: Del Mar College, West Campus
CareHouse, HS1 110
4101 Old Brownsville Road, Corpus Christi**

What is it?

Education class for the administration of the VDT experience with 1 year renewable license.

Who should attend?

Director of Nursing, Administrator, Marketing Specialists, and others interested in conducting the Virtual Dementia Tour (VDT) at their facility to raise awareness of dementia.

What will I learn?

- A set of tasks for the caregiver to complete while senses are impaired to simulate Dementia.
- How to engage professional and lay caregivers for person with dementia.
- How to support caregivers with debrief and community resources.

Who will teach class?

Dr. Donna Huddleston, a nurse educator at Del Mar College and *Certified SWD Trainer*, along with Felipa Wilmot, Caregiver Program Specialist, of the Area Agency on Aging/Coastal Bend Aging & Disability Resource Center.

12:30p.m. – 1:00p.m.:	Welcome and Introductions
1:00p.m. – 3:15 p.m.:	How to Implement the Virtual Dementia Tour®
Break	
3:30 p.m. – 4:45 p.m.:	Actual Tour
4:45 p.m.:	Q & A
4:55 p.m. – 5:00 p.m.:	Evaluation

FOR ADDITIONAL INFORMATION CONTACT:

Dr. Donna Huddleston: Call or text 361-877-0039 or email: dhuddleston@delmar.edu

Felipa Wilmot: Call 361-883-3935 or 1-800-817-5743 email: felipa@cbcogaaa.org

Facilitation is presented by the Area Agency on Aging/Coastal Bend Aging and Disability Resource Center in collaboration with Del Mar College ~ Department of Nurse Education (a Dementia Collaborative)





CHANGING
THE PERCEPTION OF
AGING



VIRTUAL DEMENTIA TOUR®

YOUR WINDOW INTO THEIR WORLD *"Until There's A Cure, Take the Tour"*

Del Mar College, Department of Nurse Education Nursing Students Walk You Through This Dementia Simulation Experience

The **Virtual Dementia Tour**® is an individual experience through simulated dementia created for professional and family caregivers seeking to better understand the physical and mental challenges of those with dementia. You need an appointment to take the tour—the tour takes about 30 minutes from beginning to end.

After experiencing this sensory experience you will have a greater understanding of the realities of living with dementia. The Virtual Dementia Tour improves communication and care by raising awareness. Create a positive environment for those with dementia after attempting to walk in their shoes.

Thursday, April 28, 2016

East Campus Harvin Center 9-12:30 P.M.

West Campus HS 1 113 5:00 – 8:00 P.M.

Register online at www.SecondWind.org

or call 361-883-3935 or 1-800-817-5743

<http://www.secondwind.org/virtual-dementia-tour/virtual-dementia-tour-events/?p=3>

SEATING IS LIMITED, SO REGISTER EARLY!

**The Virtual Dementia Tour was created by Atlanta-based Second Wind Dreams®, a national non-profit organization founded by Virtual Dementia Tour author, P.K. Beville, M.S. in 1997 to fulfill dreams for those living in elder care communities and to research ways to improve their quality of life. All donations from tours are given to*

Second Wind Dreams to continue funding their elder dreams program.*

Or Call 361-883-3935/toll free 1-800-817-5743 for more information.

Sponsored by:





TEXAS
Department of Family and Protective Services

Adult Protective Services Division in Partnership with
Silver Advocate Partners
presents

ABUSE OF THE ELDERLY & DISABLED: "IT'S EVERYONE'S BUSINESS"

10th Annual Training Symposium for Service Providers of the Aged & Disabled

Thursday, May 12, 2016

8:30 a.m. - 4:45 p.m.

(Continental Breakfast & Lunch provided)

**First United Methodist Church
900 South Shoreline, Corpus Christi, Texas**

A Training for Social Workers, First Responders, Home Health personnel, all Service Providers that interact with elderly and disabled adults

WHAT TRAINING WILL BE PROVIDED?

- "Check Your Ageitude"
- Prevention of Abuse, Neglect & Exploitation: APS & WellMed Grant
- Transfer on Death Deed
- Older Adults & Depression
- ...and more valuable information & resources!

WILL CEU's BE OFFERED?

Yes, 5 CEU hours will be offered to
Social Workers, LPCs & LCDCs.

All attendees will receive certificate
of attendance.

REGISTRATION DEADLINE: MAY 5, 2016 (form on page 2)

REGISTRATION FEES:	PRE-REGISTERED	\$20.00 each
	GROUP OF 5 OR MORE	\$15.00 each
	AT DOOR	\$30.00 each

**FOR ADDITIONAL INFORMATION CALL
361-808-6322**

REGISTER TODAY!!

REGISTRATION FORM & PAYMENT OPTIONS FOR

~ 10th Annual Training Symposium for Service Providers of the Aged & Disabled ~

Thursday, May 12, 2016   8:30 AM - 4:45 PM

~ PLEASE WRITE CLEARLY AND LEGIBLY ~

Type of Payment

Check

Credit Card

Attendee First Name

Attendee Last Name

Organization or Agency Name

Street Address

Mailing Address

City

Zip Code

Phone Number with area code

Email Address

Make check payable to:

Mail completed registration with payment to:

SILVER ADVOCATE PARTNERS

S.A.P.

c/o: Rudy Moreno

4626 Weber Road, Suite 21

Corpus Christi, Texas 78411

~ COMPLETE BOTTOM "ONLY" IF YOU ARE PAYING WITH A CREDIT CARD ~

Participant - Credit Card Payment Authorization Form

PLEASE CHECK ONE:

MASTER CARD

VISA

CARD NUMBER

3 Digit Security Code (back of card)

EXPIRATION DATE

BILLING ZIP CODE

NAME (as it appears on card)

SIGNATURE

DATE

Coastal Bend Activity Directors Workshop
"Do You Know The Person You Are Working With?"
Saturday, April 23, 2016
8:30 a.m. – 5:30 p.m.
2910 Leopard Street
Corpus Christi, Texas 78408
Instructor: Ms. Victoria (Vicki) Salter, TRS/TXC
Cost: \$50.00
8 contact hours or .8 CEUs will be awarded

Purpose: Long Term Facilities today have many individuals with a variety of diagnosis. The Purpose of this workshop is to understand individuals with Dementia, Neuro-Muscular Diseases and Traumatic Head Injuries and how to provide an **activity program** for those individuals in their settings.

- Goals:
1. Participants will understand the disease process of Dementia, Neuro-Muscular Diseases and Traumatic Brain Injury
 2. Participants will learn what activities benefit individuals with these disease process.
 3. Participants will demonstrate how they will incorporate these activity ideas into their current Activity program.

Session Outline:

- 8:30 – 8:45am Introduction to the Day, Housekeeping items
8:45 - 9:30 Review of Reisberg Stages of Dementia
9:30 –10:30 Review of Alzheimer's, Lewy Body and other Dementia disease Processes.
10:30 -10:45 Break
10:45 – 11:30 A variety of activities will be presented that work with Individuals who have Dementia Diseases
11:30 - 12noon Concepts on how you can incorporate these activities into you Overall program
12:00 – 12:30 Lunch (on your own)
12:30 – 1:30 Review of the Neuro-Muscular Diseases such as Parkinson's, Multiple Sclerosis etc.
1:30 – 2:30 A variety of activities will be presented that individuals With Neuro-Muscular Diseases could benefit from
2:30 – 2:45 Break
2:45 – 3:45 Review of the Traumatic Head Injury Disease Process
3:45 – 4:45 A variety of activities that would benefit individuals with Traumatic Head Injury
4:45 – 5:15 Participants will gather in groups to discuss how they will implement the activities learned for Neuro-Muscular Diseases and Traumatic Head Injury into their overall program
5:15 - 5:30 Closing Remarks and Distribution of Certificates of Attendance.

Please contact Jeannine Leal, Activity Director at 361-445-7706 for additional information and to RSVP as seating is limited.

Jason's Deli and Pizza Hut deliver. There are numerous of restaurants close by.

YWCA Senior Health & Fitness Center

"Not your grandkids' gym"

PRESENTS—GET MOVING, START IMPROVING!

YWCA "GET MOVING" SCHOLARSHIP

DON'T
DELAY!

Are you age 55+? Need to be moving more?

SUCH A DEAL FOR YOU!!

LIMITED
NUMBER
AVAILABLE!

1. COMPLETE THE ATTACHED YWCA SCHOLARSHIP FORM
2. TAKE IT TO YWCA FRONT DESK
3. START WORKING OUT, MAKING FRIENDS, FEELING GREAT!

OFFER INCLUDES FULL 6-month MEMBERSHIP, LAND & WATER YWCA ACCESS: CLASSES, POOLS, GYM, SAUNA, HOT TUB, WEIGHTS, CARDIO, BASKETBALL, VOLLEYBALL, ZUMBA, YOGA, TAI CHI, CHAIR EXERCISE, DANCES, SOCIALS!

Note: offer for new members only



**YWCA IS ON
A MISSION**

eliminating racism
empowering women **ywca**

AND IMPROVING THE HEALTH &
WELLNESS OF SOUTH TEXAS SENIORS!

OFFER MADE POSSIBLE BY A GENEROUS GRANT FROM COASTAL BEND COMMUNITY FOUNDATION
JOHN & AUGUSTA DOAN CHARITABLE ADVISED FUND



Free Telephone Learning Sessions

Date	Time	Topic
Wednesday, April 6th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Improving Antipsychotic Appropriateness in Persons with Dementia with Dr. Ryan M. Carnahan <i>This session focuses on the use of anti psychotic medicines in dementia. These medicines can sometimes help manage symptoms of dementia, such as dangerous behaviors or thoughts that are scary to the person. However, they can also cause serious unwanted side effects. The risks and benefits of these medicines need to be carefully weighed before deciding to use them. Listen to Dr. Ryan M Carnahan, with the University of Iowa Geriatric Education Center, discuss this important topic.</i>
Wednesday, April 13th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific	Back to Basics: Caregiving Habits and Changing Tactics with Zanda Hilger, LPC <i>Family caregivers develop a routine as they care for a loved one. However, sometimes the routine doesn't change, even as the health and needs of the person being cared for and their own self care changes. Maybe it is time to go back to the basics of caregiving. In this session, caregivers will review a checklist and then learn more as they participate in an interactive discussion about what works and what doesn't. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Tuesday, April 19th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Easing the Placement Decision with Evalyn Greb, LCSW <i>Many families struggle with the decision to place their loved ones in a long term care setting, either assisted living or nursing facility. Listen to Evalyn Greb, LCSW, discuss the considerations for placement that can make the decision easier for you and your family, and relieve some of the guilt surrounding this decision.</i>

Have you been thinking about attending a caregiver support group, but aren't sure where and how to get started? Our Telephone Support Group is offered free of charge and completely over the phone, making it easy to participate. The support group will meet for 8 weeks and cover the following topics:

- Stress Management
- How to Find the Resources you Need
- Taking Care of Yourself
- Problem Solving Techniques

Learn valuable information and connect with other caregivers. Please reserve your spot today!

Call. Learn. Share.
Confidential. Free.



You can Register online at www.caregiverteleconnection.org or call **866.390.6491 Toll Free** between the hours of 8 to 5 M - F (central standard time) to register via phone

*****You must pre-register at least 24 hours prior to the classes*****