

Tools for Effective Caregiving

August 19 &
August 26, 2017

If you help care for an older adult, we offer a free class to help make your path a little smoother. This two-part class focuses both on the needs of caregivers and their loved ones. Classes provide hands-on opportunities to learn practical skills and help people cope with the challenges of elder care. It also connects caregivers with support groups and other community resources. (Note: This course is not for professional caregivers).

Class Topics Include:

- Basic hands-on personal care skills
- Home safety (fall prevention, body mechanics)
- Managing caregiver stress (understanding and working with difficult emotions)
- Managing challenging behaviors



Dates:

Two Part Class: Saturdays, August 19 and August 26, 2017

Time: 10 a.m. to 2 p.m.

Location:

Mills-Peninsula Medical Center, 1501 Trousdale Drive, Burlingame
(Conference Room H, First Floor Conference Center)

Registration is required. Please register by **August 16, 2017**.
Call (650) 696-3660 to register or for more information.

Partially sponsored by San Mateo County Aging and Adult Services