



## Free Caregiving Workshops for San Mateo County IHSS Providers!

November -December 2018

### Tech Tools for Caregivers

Learn how technology tools can help caregivers provide a safe environment for a family member, partner or client at home and reduce your caregiving workload. Learn how to determine your needs, the costs of tech tools, privacy considerations and ease of use.

**When:** Friday, November 30, 2018

**Time:** 1:00pm –3:00pm

**Where:** San Mateo County Health Building  
225 37th Ave, San Mateo, **Room 100**

### Elder Wellness and Internet Safety

Learn how to recognize, report and prevent elder abuse and tips how to refuse and report fraud and scams targeted at older adults and community resources to help you and someone you care about stay safe.

**When:** Tuesday, December 11, 2018

**Time:** 5:00pm– 7:00pm

**Where:** San Mateo County Health Building  
225 37th Ave, San Mateo, **Room 100**

**To Register Call Stacy Goldsby (650) 578-7146**

**Para asistencia en Español llame Stacy (650) 578-7146**

中文翻译吗? Call Kelly Chan at (650) 573-2047

**For more information visit our website:**

[smchealth.org/paworkshops](http://smchealth.org/paworkshops)