

**THE
AREA AGENCY
ON AGING
PRESENTS**

Caregiver College

**Enhance your skills and knowledge of caring for
a loved one during this FREE one-day course.**

Wednesday, August 20, 9:00 a.m.– 3:00 p.m.

Dementia 101

Learn the basics on the most common forms of dementia. Find out what to expect during different stages of the disease. Learn what caregivers can do at different stages to cope with daily challenges; including communication and safety.

Positive Discharge Planning Tips from Hospitals

Explains the important elements of a successful transition from hospital to home and provides caregivers with information to improve transitional care and discharge planning through education, training, and preventive care.

FREE LUNCH— WORKSHOP— SHARING THE CARE

Just 4 Me - Coping as a Caregiver

Learn stress and relaxation techniques; skills for coping with grief and loss and depression; and taking time for yourself. Get tips and ideas for keeping yourself well while caring for a family member or loved one.

Legal Ease

Meet with an experienced elder law attorney from the Davis & Neal law offices, and learn about medical and financial powers of attorney, long-range legal plans and other age-related topics.



**To register for the free course, contact Della Sanchez at
251-706-4650 or e-mail dellasanchez@sarpc.org**

**Classes will be held at the GM&O Building,
2nd Floor Training Room, 110 Beauregard St., Mobile, AL**

**** Registration Closes Aug.15****