

**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.**

9:00 a.m.– 3:00 pm. Tuesday, March 17, 2015

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 to cope with daily challenges, including communication and safety.

Medication Dispensing and Caregivers

A discussion on the common issues that caregivers face dispensing their care recipient's medication in a safe and timely fashion.

Just 4 Me - Coping as a Caregiver- "Red Cape Syndrome"

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 offices of Aging in Alabama, and learn about medical and financial powers of attorney, long-range legal plans and other age-related topics.

**To register, call 251-433-6541 or 1-800-AGE-LINE,
or e-mail Della Sanchez at dellasanchez@sarpc.org**

Lunch will be provided. * Limited Seating *

**Classes will be held at
GM & O Building
2nd floor Training Room
110 Beauregard St.
Mobile, AL 36633**



**** Registration Closes March 13, 2015**