

**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.**

8:30 a.m.- 3:00p.m. Thurs., May 21, 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.

Legal Ease

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

Just 4 Me - Caring for the 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.

If you need help with care of
your loved one to attend the
class, call
Della Sanchez @
251-706-4650

**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
Emanuel AME Church**

**654 St. Michael St.,
Mobile, AL 36602**

**** Registration Closes May 15, 2015**

