



Family Caregiving

Learn the skills to care for your loved ones at home.

If you're caring for a parent, spouse or friend at home, you know that ensuring a safe environment and providing even the most basic care can be overwhelming. Now you can learn new information to provide the best care possible with the Family Caregiving program from the American Red Cross.

Participants take home a Red Cross caregiving skills manual. Refreshments will be provided. Respite care for your loved one is available at no charge. All participants will receive a American Red Cross certification card for Family Caregiving.

THE FAMILY CAREGIVER A HOME SKILLS BUILDING WORKSHOP

Tuesday, November 10, 2009

1:00pm—5:00pm

Athens Community Council on Aging

135 Hoyt St

Athens, GA

Cost: \$15.00 (families can register for one fee)

Topics Include:

- Home Safety
- General Caregiving Skills
- Assisting with Personal Care
- Positioning and Helping Your Loved One Move
- Healthy Eating
- Caring for the Caregiver
- Legal and Financial Issues



Medical College of Georgia
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Advocates for Positive Social Change



Call (706) 353-1645 to register. Space limited to 20!