FAMILY CAREGiver TRAINING

For family members or other non-paid caregivers providing care in the home.

Next Training:

August 24th, September 28th, October 26th and November 30th .

Each training class will be 1.5 hours long, and will be on Wednesdays from 1-2:30pm.

FREE Admission!

Space is limited so call to reserve your seat.

Home Instead SENIOR CARE®

*To us, it's personal*SM

The Family Caregiver Support Program was developed by Home Instead Senior Care and contains innovative programs to support the unpaid caregiver in making the job of caregiving less stressful. The Family Caregiver Training is one of these programs that will make a difference for you. Classes will focus on your specific needs with creative solutions related to caring for an elder.

Refreshments & door prizes offered at each class!

Home Instead Senior Care: Since 1994, the Home Instead Senior Care network has provided compassionate, in-home care for seniors. Whether it's a few hours a day or long-term care 24 hours a day, a CAREGiver can offer companionship and conversation, medication reminders, light housekeeping, meal preparation and much more.

All CAREGivers are thoroughly screened, extensively trained, insured and bonded, matched to client preferences, professional and reliable. For a free no-obligation consultation, contact your local Home Instead Senior Care network business.

Information regarding the Training:

There will be 4 Classes:

- **August 24th -** Tips and Tricks in caring for another person safely and without injuries
- **September 28th –** How to select an in-home care provider
- **October 26th –** Dealing with Cognitive Issues.
- **November 30th –** Sibling Communication & the 50/50 Rule.

Assisting in the presentations:

- Aimee Roth - Home Instead Senior Care

Classes will be held at the Milwaukie Senior Center:

5440 SE Kellogg Drive
Milwaukie Oregon 97222

For more information and registration call: Abby Kennedy @ 503-655-8640