

Caring for A Loved One At Home?

Family Caregiver Classes

Presented by:

Julia Salem, LPN

The Margaret T. Morris Center

Caregiver Training

Dates:	June 13, 14, 20, 21, 2012 Participants must Pre Register for all classes and Respite Services by June 8. Registration (877) 521-3500
Location:	Solterra Senior Living at White Mountains 5408 Arizona Hwy 260 Lakeside, Arizona
Time:	1:30 pm-4:00 pm (June 13 & 20) 9:30 am-Noon (June 14 & 21)
Cost:	Cost - No Charge (donations appreciated!)
Bonus:	In-home respite while attending the class at no cost to you.

Topics to be covered include...

Skin & Oral Care	Home Safety
Body Mechanics	Pain Management
Medication Management	Caregiver Burnout
Communication	Caregiver Tips & Strategies
Peri Care	Transfers & Gait Belts

For Information & Registration Call:

Area Agency on Aging - toll free at (877) 521-3500

Sponsored By: NACOG - Area Agency on Aging - Family Caregiver Program in collaboration with the Susan J. Rheem Adult Day Centers and Solterra Senior Living at White Mountains



For Special Needs, Contact: Area Agency on Aging (877) 521-3500
For TTY Access, call Arizona Relay Service at: (800) 367-8939
Ask for NACOG at (928) 771-1895

