



Free Caregivers Workshops

Plan to attend these **FREE** workshops, offered by the Area Agency on Aging, Region 9, EOE **aimed at in-home, unpaid family caregivers**

“Living With Alzheimer’s...What Every Caregiver Should Know” - Presents forms and causes of dementia, warning signs, risk factors, safety issues and current medical treatment.

Wed. Sept. 3.....1-3pm or 6-8pm

“Caregiving in the Home...NOW What!!??” - This workshop provides information to help with the decision making process of caring for a loved one in a home setting.

Wed. Sept. 10.....1-2pm or 6-7pm

“Bringing Services Into the Home” - Answers the question of what services are available, what will Medicare and Medicaid pay for, and how to obtain these services in your home for your loved one.

Tues. Sept. 16.....1-2pm or 6-7pm

“Moving, Lifting, and Transferring” - Instructs caregivers in basic body mechanics and demonstrates several safe techniques for transferring your loved one, using gait belts, Hoyer lifts and other equipment.

Wed. Sept. 24.....1-2pm or 6-7pm

“Stress and Burnout in Caregiving” - Provides warning signs of stress, how stress effects our bodies, and suggestions on ways to prevent or overcome stress and burnout.

Wed. Oct. 1.....1-2pm or 6-7pm

All workshop will be held at:
The Guernsey County Senior Center
1022 Carlisle Ave.
Cambridge, Oh 43725

While these workshops are free, registration is requested .
To register please contact: **Laurel DuBeck, RN @ (740) 432-6600 ext. 319**

Or toll free @ **(800) 932-7277 ext. 319**

(CEU’s offered to nurses and social workers completing each workshop)

Alzheimer’s workshop will offer 2 CEU’s; all other will offer 1 CEU