

Area Agency on Aging, Region 9, EOE



Free Caregivers Workshops

Plan to attend these **FREE** workshops, offered by the Area Agency on Aging, Region 9, EOE **targeting in-home family caregivers**
Attend all of them or as many as you would like

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

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

“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.

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

“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.

“Caregivers in the Workplace” and **“Kinship Caregiving”**

“Powerful Tools for Caregivers” -A six week evidence based educational series designed to help family caregivers take care of **themselves** while caring for a relative or friend. Developed at Stanford University.

While these workshops are **FREE** registration is required.

To register please contact: Pat Lake, RN @ 740-435-4901
or Stephanie Border, LSW @ 740-435-4719