

SOUTH ALABAMA REGIONAL PLANNING COMMISSION

AREA AGENCY ON AGING

Presents

CAREGIVER COLLEGE

THURSDAY, JANUARY 11, 2018

8:30 AM - 3:00 PM

Dementia 101

Learn the basics on the most common forms of dementia. Find out what to expect during different stages of the disease. Learn what caregivers can do to cope with daily challenges, including communication and safety.



Preparing to Care - Starting the Conversation

A discussion for putting together a supportive plan to help caregivers in their journey. Practice tools and tips offered for caregivers for peace of mind.



Just 4 Me - Coping as a Caregiver

Learn stress and relaxation techniques; skills for coping with grief and loss and depression; and taking time for yourself. Get tips and ideas for keeping yourself well while caring for a family member or loved one.

Legal Ease

Meet with an experienced elder law attorney from the offices of Davis and Associates, and learn about medical and financial powers of attorney, long-range legal plans and other age-related topics.

Location:

**Somerby of Mobile
Somerby Room
901 Somerby Drive Dr.
Mobile, AL 36695**

If you need help with care of your loved one to attend the class, call Della Sanchez at 251-706-4650.

REGISTER

CALL:

**251-706-4650
Or 1-800-AGE-LINE**

EMAIL:

dellasanchez@sarpc.org

**Lunch provided
Limited Seating**

**Registration closes:
Friday, Jan. 8, 2018**

