

SOUTH ALABAMA
REGIONAL PLANNING COMMISSION

The Area Agency on Aging
presents

CAREGIVER COLLEGE
WEDNESDAY, JANUARY 16, 2019

8:30AM - 4:00PM



Dementia 101

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

Preparing to Care — Starting the Conversation

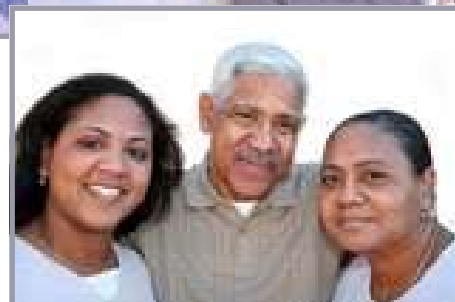
A discussion for putting together a supportive plan to help caregivers in their journey. Practice tools and tips offered for caregivers for a peace of mind.

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.



Classes:

**Via Health, Fitness & Enrichment Center
Arlene F. Mitchell Campus
1717 Dauphin Street
Mobile, AL 36604**

*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 or

EMAIL
dellasanchez@sarpc.org

**Lunch Provided
Limited Seating**