



The Caregiver Academy

A series of six in-class workshops that assist family and other non-professional caregivers in developing in-home care management skills. Each workshop lasts 1.5 hours.

Workshops:

1. Finding Caregiver Resources
2. Building Caregiver Resilience
3. Setting Good Care Boundaries
4. Involving Family and Others
5. Managing Difficult Behaviors
6. Making Difficult Care Decision

Registration

Call **385.468.3280** or **TTY 7-1-1** to make reservations. There is no cost to attend. Pre-registration is required. Caregivers are unable to bring those they care for to workshops. Reasonable ADA accommodations are available upon request.

Visit slco.org/caregiver for more Salt Lake County Caregiver Support Program information, tools, and resources.