



# The Caregiver Academy

The Caregiver Academy is a series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment.

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

Each participant receives a free Managing Care Guide. There is no cost to attend workshops; however, a reservation is requested.

Call **385.468.3280** or **TTY 7-1-1** to make workshop reservations. Visit **[slco.org/caregiver](http://slco.org/caregiver)** for more Salt Lake County Caregiver Support Program information and resources. Reasonable ADA Accommodations are requested by contacting Susan at 385.468.3191 or [shoepfner@slco.org](mailto:shoepfner@slco.org).