



The Caregiver Academy

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

The Six Workshops:

Midvale Senior Center

7550 S Main, Midvale

Tuesday Evenings, 6:30 to 8:00 pm

Aug 14: Finding Caregiver Resources

Aug 21: Building Caregiver Resilience

Aug 28: Setting Good Care Boundaries

Sep 11: Involving Family and Others

Sep 18: Coping with Difficult Behaviors

Sep 25: Understanding Care Options

Call

385.468.3280

to RSVP

Reasonable ADA Accommodations are requested by contacting Susan at 385.468.3191 or shoepfner@slco.org.