



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:

Riverton Senior Center

12914 S Redwood Rd, Riverton

Thursdays from 1:00 to 2:30 pm

Oct 11: Finding Caregiver Resources

Oct 18: Building Caregiver Resilience

Oct 25: Setting Good Care Boundaries

Nov 1: Involving Family and Others

Nov 8: Coping with Difficult Behaviors

Nov 15: 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.