



# 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](mailto:shoepfner@slco.org).