

The Caregiver Journey

What every family caregiver should know

Free education sessions for family caregivers

3rd Thursdays, May 16 - Sept. 19, 2019 1:00 - 3:00 pm

Columbia St Mary's Center at the Ozaukee County Fairgrounds
W67 N866 Washington Ave, Cedarburg

Changing Roles

Session 1 - Thursday, May 16: **Changing Legal and Financial Responsibilities**

From balancing a checkbook and paying bills to the costs of care and legal planning.

Session 2 - Thursday, June 20: **Housekeeping inside and out**

From meals to maintenance and everything in between

Session 3 - Thursday, July 18: **Riding the Emotional Rollercoaster**

Stress, relief, guilt, self-care – navigating the highs and lows

Session 4 - Thursday, August 15: **Hands on Caregiving**

How to make each day safer and easier

Session 5 - Thursday, September 19: **Changing the Ending**

Understanding Palliative Care, Hospice, and Funeral Pre-Planning

Each session features a panel of local professionals and Community Partners of the Caregiver Connection. Join us for one or all of the programs. Refreshments will be served.

REGISTRATION IS REQUESTED: Please contact the Aging and Disability Resource Center at **262-284-8120** or register at our website at www.ozccc.org by clicking on the News and Events tab.

A separate onsite engagement activity will be held in conjunction with these sessions. Please let us know if your loved one needs that for you to attend.



Caregiver Connection
of Ozaukee County

www.ozccc.org