

# *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

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## *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.

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**REGISTRATION IS REQUESTED:** Please contact the Aging and Disability Resource Center at [262-284-8120](tel:262-284-8120) or register at our website at [www.ozccc.org](http://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.*



[www.ozccc.org](http://www.ozccc.org)