For all caregiver classes, if you are caring for another person and are not previously registered with Senior Services as a caregiver, please plan to arrive 15 minutes early to fill out a brief form.

Special Evening Classes for Family Caregivers

Build your own series! Two topics will be covered each day, and you are welcome to stay for the full class, or just choose one segment.

**Tuesday, March 12**
- **6:00-6:40pm** *Stages of Dementia & Safe Lifting*: Learn how to classify what stage of dementia your loved one is in, and how to tailor safe and appropriate lifting for each stage.
- **6:50-7:30pm** *Safety in Your Home & Community*: Gain an understanding about fall risks within the home, possible modifications to provide greater safety, and ways to prevent wandering.

**Tuesday, March 26**
- **6:00-6:40pm** *Choosing and Using Assistive Devices*: Learn more about types of assistive tools and their proper use to promote independence in your loved one's daily activities.
- **6:50-7:30pm** *Bathing, Grooming and Dressing Techniques*: Find out how to simplify these tasks in the daily routine for both you and your loved one.

**Tuesday, April 9**
- **6:00-6:40pm** *Communication Skills to Reduce Behavioral Challenges*: Discuss effective communication strategies to decrease relationship strains and learn useful ways to prevent and respond to behaviors you are finding problematic.
- **6:50-7:30pm** *Leisure Exploration: Finding Meaning and Joy*: Gain awareness about the importance of leisure for well-being and explore opportunities for finding joy for both of you!