Caregiving Strategies: Providing Care and Support for Older Adults Living with Frailty

RESOURCES
designed by
caregivers and
health care
experts.

New Session Starting
May 22 to June 26, 2024
Wednesdays from 3:30 to 5:00 pm

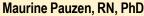
Register for our free six-week virtual learning series. Improve your skills, knowledge, and confidence as a family member or friend caregiver.

Caregiving Strategies Topics

- Caring for the Caregiver
- Pain
- Staying Active
- Nutrition
- Bladder Health
- Medication Management
- Changes in thinking (Delirium)
- Social Engagement

Our Expert Facilitators







Ryan DeForge, MSc, PhD

Link to register: https://forms.office.com/r/xRFZwP8kcP

FREE RESOURCES AVAILABLE

Online course
Handbook
Tools, tips and links to great resources





