

# 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



Maurine Pauzen, RN, PhD



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