

# Caring for Your Loved One at Home

*Mondays, 10:00 am to 12:30 pm*

*April 9-May 7*

*PeaceHealth Southwest's Health Education Center*



<b>Who should attend?</b>	<b>Wives, husbands, partners, daughters, sons &amp; friends caring for a loved one at home</b>
<b>Cost:</b>	<b>Free</b>
<b>Respite Care:</b>	<b>Ask about options when you register</b>
<b>To Register:</b>	<b>360.694.8144</b>

Are you taking care of a loved one at home? Need a little help figuring it all out? Join us and learn about day to day care, lifting and moving your loved one, home safety, managing medications, nutrition, challenging behaviors, legal & financial issues, community resources and the importance of caring for you.

Your class leader, Shanti Potts, has worked with older adults for over 25 years. She has a passion for teaching and has been an instructor at Clark College and in the community for 10 years. Shanti is a volunteer support group facilitator for caregivers and a class leader for Powerful Tools for Caregivers.

This class is made possible by Southwest Washington Agency on Aging and Disabilities' Family Caregiver Support Program. Learn more about what services and resources are available to you by visiting us at [www.HelpingElders.org](http://www.HelpingElders.org).

**Sponsored by Southwest Washington Agency on Aging and Disabilities  
in partnership with PeaceHealth Southwest Medical Center.**