

If You're Helping to Provide Care for a Loved One, You're Not Alone

The American Red Cross Family Caregiving Program Can Help

Attend a Family Caregiving Presentation Today

If you're helping to provide care for a parent, spouse or friend, you know that ensuring a safe environment and



providing even the most basic care can be overwhelming.

Learn how to provide the best care you can with the Family Caregiving program from the American Red Cross.



This project is supported by Grant Number ILOCMS030303/01 from the Centers for Medicare and Medicaid Services

CLASS SCHEDULE – THREE LOCATIONS

Pre-registration is not required, but is highly encouraged.

Mondays, April 4-25, 2011, 12:30 – 2:30 pm

Derby Senior Center, 611 Mulberry, Suite 100, Derby
Please call 316-788-0223

Topics 1 and 2	April 4
Topics 3 and 4	April 11
Topics 5 and 6	April 18
Topics 7 and 8	April 25

Thursdays, April 7 through May 26, 2011, 1 – 2 pm

Chisholm Trail Church of Christ, 5833 E. 37th St. N,
Wichita

Please call 316-683-1313

Eight week series, one topic each

Saturday, May 7, 2011, 8 am – 4:30 pm

Sandpiper Bay Express Recovery Unit, 5808 W. 8th,
Wichita

Please call Cheryl Ray at 316-945-3606

All Topics in One Day! **Lunch provided**



CLASSES and BOOK with DVD ARE FREE

TOPICS:

1. Home Safety
2. General Caregiving Skills
3. Positioning and Helping Your Loved One Move
4. Assisting with Personal Care
5. Healthy Eating
6. Caring for the Caregiver
7. Legal and Financial Issues
8. Caring for a Loved One with Alzheimer's or Dementia

For more information, call a class location or
Kathryn Coit at 316-337-6362