Immanuel Lutheran



CAREGIVER EDUCATION AND SUPPORT

WHEN

Fridays, 2:00 pm—3:30 pm Beginning March 24, 2017

WHERE

Buffalo Hill Terrace 40 Claremont Street Kalispell, MT 59901

This Educational Opportunity is Presented by:



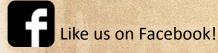
The 2017 expansion at Buffalo Hill Terrace offers new opportunities for memory support. The Lodge will feature 24 private residences, a country kitchen, a memory garden and recreation programming to make the most of every day. More information about The Lodge will be shared each week.

To register for any or all classes, please call 406-752-9625

Or register at www.ilcorp.org

This is a collaborative project with the Flathead County Agency on Aging.

If you need respite caregiving support please contact the AOA at 758-5730.





SESSION TOPICS WILL INCLUDE:

Week 1: March 24th Planning Ahead

Caregiving is a journey where plans may have to be changed or adapted. This is an introduction to caregiving and planning for the future.

Week 2: March 31st Finding, Creating and Using Resources

Learn about local and national resources that can assist you in providing care to your loved one.

Week 3: April 7th Self-Care for the Caregiver Strategies for caring for yourself and managing stress.

Week 4: April 14th Family Dynamics and Communication

Family support is vital for caregivers. Learn how to communicate effectively and avoid some of the common issues that families face.

Week 5: April 21st Financial Well-Being

An exploration of various financial resources: Medicare, Medicaid, private insurance, long-term care insurance and estate planning.

Week 6: April 28th Dementia and Chronic Illness

A discussion of the similarities and differences in caring for cognitive vs. physical decline.