



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.



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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.