



## CAREGIVER EDUCATION AND SUPPORT

### WHEN

Thursdays, 1:00 pm—2:30 pm  
Beginning April 19, 2018

### WHERE

Bethany Lutheran Church  
8559 MT Hwy 35 (Bridge St. Entrance)  
Bigfork, MT 59911

This Educational  
Opportunity  
is Presented by:



The 2017 expansion at Buffalo Hill Terrace offers new opportunities for memory support. The Lodge features 24 private residences, a country kitchen, a memory garden and recreation programming to make the most of every day. An hourly day program is also available.

To register for any or all classes, please  
call 406-752-9625  
Or register at [www.ilcorp.org](http://www.ilcorp.org)

In need of respite support to attend the trainings?

Memory support day services at The Lodge in  
Kalispell: 752-9625



Like us on Facebook!



## SESSION TOPICS WILL INCLUDE:

### Week 1: April 19th **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: April 26th **Finding, Creating and Using Resources**

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

### Week 3: May 3rd **Self-Care for the Caregiver**

Strategies for caring for yourself and managing stress.

### Week 4: May 10th **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: May 17th **Financial Well-Being**

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

### Week 6: May 24th **Dementia and Chronic Illness**

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