Immanuel Lutheran



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:



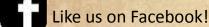
The 2017 expansion at Buffalo Hill Terrace offers new opportunities for memory support. The Lodge features 24 private residences, a country kitchen, a memory garden and recreation programming to make the most of every day. An hourly day program is also available.

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

Or register at www.ilcorp.org

In need of respite support to attend the trainings?

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



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 24nd Dementia and Chronic Illness

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