

"What Now™"

Family Caregiver Training (Professionals Welcome)



Tuesdays - 2:00 p.m. to 3:30 p.m.
Feb 28, Mar 6, 13, 20, & Apr 3, 10, 17 & 24
Kaua'i Community College OCET Bldg

PROFESSIONAL CAREGIVERS CAN GET THIS VALUABLE TRAINING FOR ONLY \$40.00

Caring for someone with a chronic disease is perhaps one of the biggest challenges a person can face, yet it can still be meaningful and rewarding. The **"What Now? Orientation"** series, winner of the 2007 KHON2 Elderhood Project and the Hawaii Caregiver Coalition Family Caregiving Award for Education, is designed for **non-professional family caregivers**. You will receive essential information and may participate in *guided group discussion* and sharing in eight 1 1/2 hour sessions. The series comes with a Caregiver's Quick Guide and Resource Manual. Topics covered include:

Alzheimer's Educating Yourself About the Disease - *A comprehensive guide to understanding the specifics of the disease*

Putting Legal and Financial Affairs in Order - *How to begin with legal and financial issues*

Learning to Manage Challenging Behaviors - *How to approach some of the more challenging care situations that arise*

Taking Care of Yourself - *How can I cope while I care for my loved one?*

Hiring and Managing In-Home Caregivers - *Introductions to homecare planning and management*

When is it Time to Move our Loved One into a Facility? - *Steps to take when exploring residential facilities*

Extended Family and Friends - *Facing the challenges as a family and the impact on friends ~ navigating the waters of family relationships*

Community Resources - *An easy guide to community resources*

Family-to-family caregivers are free
Class size is limited by design, so early registration is strongly encouraged

Classes are presented by

The Family Caregiver and Counseling Program of the Alzheimer's Association, the County of Kauai Agency on Elderly Affairs, the Office Of Continuing Education and Training at Kauai Community College

TO REGISTER CALL— 245-8318 ANYONE NEEDING ASSISTANCE, AUXILIARY AIDS OR ALTERNATE FORMAT OF MATERIALS, PLEASE CONTACT HUMBERTO BLANCO AT 245-3200 AT LEAST FIVE (5) WORKING DAYS BEFORE THE MEETING DATES POSTED ABOVE.

FOR CURRENT COURSES VISIT WWW.KAUAI.HAWAII.EDU/TRAINING