

“What Now™”

Family Caregiver Training



Offered free to family-to-family caregivers

Tuesdays -2:00 p.m. to 3:30 p.m.
March 5, 12, 19, 26, April 9, 16, 30, May 7 (skip April 2 & 23)
Agency On Elderly Affairs, Room Piikoi A

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 Care-giver’s Quick Guide and Resource Manual. *Class size is limited by design, so early registration is strongly encouraged.* 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*

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*

Classes are presented by
The Family Caregiver and Counseling Program of the Alzheimer’s Association and the County of Kauai
Agency on Elderly Affairs

TO REGISTER CALL— 245-3200 or email hblanco@alz.org

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.