



American Red Cross

Orange County Chapter

The American Red Cross Presents “A Crash Course in Family Caregiving of Seniors”

Often family members are the first to care for their aging family members. Many times these are women caught in the sandwich generation with young children on one side and a senior parent or parents on the other. Sometimes the family caregiver is a frail, but still healthy aging spouse. While professional caregivers can help in the above situations, many times families would rather try to care for their own family members before they hire a professional. This is more difficult than it sounds, since they are often thrown into a situation where they have no training, don't know where to go for help and before long the stress of family caregiving begins to take its toll on the caregiver herself.

This Crash Course in Family Caregiving is designed to provide answers to such difficulties as: Home Safety, Handling Personal Care, Medication Precautions, Dealing with Emotional Issues including Alzheimers/Dementia and Avoiding Caregiver Burnout. Participants will leave with important resources and answers on where to go for help and information.

Date: Wednesday, February 24, 2010

Time: 7:00-8:00PM

Location: Center for Spiritual Living, 32261 Camino Capistrano, #D-105, San Juan Capistrano, CA 92675

Reservations: (949) 493-2534

Cost: Free



To us, it's personalSM

“Too Close for Comfort? Intergenerational Living Presents Special Challenges”

During these difficult economic times, there is an increasing trend toward seniors living under the same roof with at least one other generation. As families come together for economic reasons and emotional support, numerous challenges can arise. Combining households is a big decision! Home Instead Senior Care's campaign provides solutions for handling the emotional, financial, comfort and safety aspects of intergenerational living and will help families determine if living together is even a good idea. Issues such as the stress of caregiving, adaptation of the home for two or more generations, merging of household finances, the clarification of roles and responsibilities and much more will be discussed at this informative presentation.

Date: March 30, 2010

Time: 3:00-4:30 PM

Location: South County Adult Day Care, 24300 El Toro Road, Bldg A Ste 2000, Laguna Hills, 92653

Reservations: (949) 855-9444 x111

Cost: Free