

# More Than 22 Million Families are Caring for a Loved One at Home.

Offer a Helping Hand with **Family Caregiving** – NEW from the American Red Cross!



Caring for a parent, spouse or elderly friend in a home setting – including ensuring a safe environment and providing even the most basic care – can be overwhelming.

We can help! Join us for...

## **“A Crash Course in Family Caregiving of Seniors”**

**Dates: September 21 & 23 (2 night session)**

**Time: 6:30 – 8:30 PM**

**Location: Sea Country Senior &  
Community Center**

**Call 425 – 5151 to make a reservation.  
Reservations Required.**

**Address: 24602 Aliso Creek Rd, Laguna Niguel,  
CA 92677**

*This **FREE** course is designed to provide answers to caregivers on the following topics:*

Home Safety  
Handling Personal Care  
Medication Precautions  
Dealing with Emotional Issues including  
Alzheimer's Disease & Dementia  
Avoiding Caregiver Burnout.

Participants will leave with important resources and answers on where to go for help and information.

**This is a free event. Open to the public.**



*Together, we can save a life*