

Series of caregiver classes in South Lake Tahoe

El Dorado County Health and Human Services Agency is putting on a series of free classes for seniors, family caregivers and other individuals called Aging and Caregiving.

This series is designed to provide instruction and support for caregivers who are or are planning to care for a family member or friend age 60 or greater. All classes will be Mondays from 1-3pm at Lake Tahoe Resort Hotel in South Lake Tahoe.

The informational sessions are:

Nov. 4, Defeating Guilt and Depression: Family members and caregivers may suffer from feelings of guilt and depression in their best attempts to care for their loved ones, especially around the holiday season. The goal of this session is to help participants find meaningful and empowering ways to reduce the stress of caregiving.

Nov. 11, Effective Assessments and Care Plans, The Assessment: Learn how to effectively complete a care needs assessment of your loved one. At the end of this session caregivers will be given a blank assessment to complete.

Nov. 18, Effective Assessments and Care Plans, The Care Plan: Learn how to effectively complete an individualized care plan based on the information gathered from the assessment completed after the previous session.

Nov. 25, Goodenough Speaks: Learn how the benefits of meditation decreases your stress and increases your physical and mental health.

Advanced registration is requested, but not required. Call the El Dorado County Family Caregiver Support Program at (530)

621.6151 or 800.510.2020 to register. Free in-home respite care is available to qualified caregivers; call (530) 621.6151 or 800.510.2020 for scheduling and qualifications.