Aging and caregiver classes in South Tahoe

The El Dorado County Health and Human Services Agency, Family Caregiver Support Program is offering a free Aging & Caregiver education series in South Lake Tahoe.

The series will be on Oct. 10, 17, 24, 31, and Nov. 7 and 14 from 1-3pm at Lake Tahoe Resort Hotel.

The educational series will provide instruction and support for people who care for or plan to care for an aging family member or friend.

Series topics will include:

- Oct. 10 – Know the 10 Warning Signs: Early Detection Matters: This training will address the 10 signs of Alzheimer's disease. Participants will learn what is involved in getting a diagnosis, risks associated with Alzheimer's and the benefits of early detection.
- Oct. 17 – Aging and Depression: How to Recognize Symptoms/Access Treatment: This topic will cover prevalence, signs and symptoms, risk and protective factors, effective therapies, crisis intervention and support for caregivers.
- Oct. 24 – A Journey in Long Term Planning for Long Term: A frank discussion about the likelihood of needing long term care, documents to have in place and how to prepare them, and options that may be available to pay for long term care.
- Oct. 31 – What is Palliative Care? This discussion will help participants understand the difference between hospice vs. palliative care, including who qualifies and services received under this valuable program.
- Nov. 7 – Medication Safety: This informative talk will

address safety issues regarding prescriptions, questions to ask your pharmacist and proper storage and disposal.

- Nov. 14 – Becoming Dementia-Aware: This session will help caregivers and loved ones better understand the topic of dementia.

The educational series will be presented by local experts in their respected fields. Participates may attend one or all of the classes. The classes are free of charge; donations are accepted. Light refreshments will be served. The series is offered as an educational opportunity only; no solicitation of services will be presented.

Advanced registration is requested, but not required for the series. Call 530.621.6151 to register or for questions.