

El Dorado County offering caregiving class

The El Dorado County Health and Human Services Agency, Senior Health Education Program and Family Caregiver Support Program will be presenting a Powerful Tools for Caregivers educational series for older adults in August.

This six-week program will be from 2-3:30pm each Friday afternoon from Aug. 24-Sept. 28 at the Cameron Park Community Center located at 2502 Country Club Drive in Cameron Park.

The trainings in the educational series will provide caregivers aged 60 or older with tools and strategies to assist them in handling the unique challenges they face. The series topics include:

Aug. 24 – Taking Care of You

Aug. 31 – Identifying and Reducing Personal Stress

Sept. 7 – Communicating Feelings, Needs, and Concerns

Sept. 14 – Communicating in Challenging Situations

Sept. 21 – Learning From Our Emotions

Sept. 28 – Mastering Caregiving Decisions.

Participants are asked to attend all six sessions; certificates of completion will be presented at the end of the series.

Class size is limited and registration is required. The training series is offered at no cost; donations are accepted. Call 530.621.6192 to register or for questions.