

Family Caregiver Practical Skills Workshop

August 3, 2011

9:00 – 11:30

**First United Church of Christ
130 E Church St, Belleville**

Many people become "caregivers" overnight without having the training and support to safely care for their spouses, parents or other older adults. Others gradually become more and more involved in the care of a friend or relative. The home may not be set up with adaptive equipment like safety bars and rails to make the home safe. Caregivers risk injury to themselves and their care receiver if they lift or position someone improperly.

In this workshop you'll receive hands-on instruction and learn:

How to move, lift and transfer properly

How to minimize falls

How to control infections

How to find support

Time will be allotted to discuss other situations you and other caregivers in our area may have to handle on a day-to-day basis. (All information discussed is confidential.)

The \$10.00 fee includes take home materials and refreshments. Relief caregivers will be available if needed. You are also invited to stay for our noon lunch if you wish. Scholarships are available.

**To register or for more information, contact Peg McNeill,
Senior Citizens Program of Belleville, Exeter & Montrose,
424-6007 or 279-1085 or email pmcneill@bseniors.org.**

The trainer, Jean Mueller, is a Registered Nurse with over 30 years of caregiving experience, both personally and professionally. She understands the unique challenges of providing care for family members and can offer practical solutions to many of issues caregivers face.

Sponsored by Senior Citizens Program of Belleville, Exeter & Montrose, Inc. and Catholic Charities.

