



Elder Care Program Fall 2010 Workshops

CARE Services Elder Care Program will be offering the following workshops. Registration is required through **UCB Learning Center**. Log on to UCB Learning Center at <http://tinyurl.com/ucblms>
For more information, call (510) 643-7754

➤ **Dementia: Know the 10 Signs**

Tuesday, Sep. 28, 12:10-1:30 pm, Tang Ed Center

This workshop will present the ten warning signs of Alzheimer's disease, what is involved with getting a diagnosis, the risks associated with the disease, and the benefits of early detection. *Alzheimer's Association*

➤ **Beyond the Barriers: Communicating Effectively with an Elder**

Thursday, Oct. 7, 12:10-2 pm, Tang Ed Center

Communication challenges between a caregiver and an elder can be stressful for the individuals and for the relationship. This unique workshop will use role-play to demonstrate successful communication techniques, and to validate one's experiences. *Jennifer Rosvally and Shura Saul*

➤ **Residential Living Options for Seniors**

Wednesday, Oct. 27, 12:10-1:30 pm, Tang Ed Center

Learn the facts about independent living, assisted living, board & care, residential care, and skilled nursing facilities. Levels of care, services provided, including rehabilitation and respite care, and how to pay for care will be explored. *Mary K. Stegner, The Stegner Registry*

➤ **Long-distance Caregiving**

Thursday, Dec. 9, 12:10-1:30 pm, Tang Ed Center

Are you a long-distance caregiver? Are there others like you, trying to help an elder from a distance? Come to this interactive workshop to learn when and how to help, and to find resources that can assist your elder and provide you with support.

➤ **Elder Care Support Group**

Bi-Weekly, 2nd and 4th Thursdays, noon-1:30 pm, Tang Center

This group provides mutual aid, support, and sharing of topics commonly experienced by caregivers of ill, disabled or elderly relatives/partners. If interested in participating, call 643-7754 for an individual orientation meeting.

➤ **Individual Consultation**

Free confidential assistance for those concerned about, or caring for an elder or dependent adult. Call 643-7754 for an appointment with the Eldercare Counselor, or for a telephone consultation.