

**Fairhill School for Caregivers presents:**

## **For the Caregiver in You! (4 week Introduction to Caregiving)**

***Specifically for Family Caregivers***

Many caregivers have too much or too little information to process. This four week class is designed to let you take in and file information at your own pace. The team at Fairhill knows that “caregiving is not a sprint,” and the goal of the course is to leave you with a core of information that lets you and your family deal successfully with your evolving caregiving journey.

Classes are hands-on with personalized, interactive attention and practical advice from experienced practitioners (lawyers, nurses, social workers, physical therapists, community advocates etc.) with real life demonstrations of assistive technology in a home-like environment.

Takeaway is a notebook complete with weekly handouts, articles, and resource guides that cover the following topics:

1. Taking Charge of the Caregiving Situation
  - Challenges and joys of caregiving
  - Stress management
  - Home safety tips
  - Transfer technique training (or physically moving a frail person)
2. Increasing Your Caregiving Tools
  - Self-care for the caregiver
  - Community resources
  - Communication Skills & Decision Making
3. Normal Aging versus Disease Process
  - Normal memory loss vs. dementia
  - Consideration for hiring in home health
  - Overview of normal aging
4. Nutrition and Activities for Daily Living
  - Nutrition basics
  - Nutrition and the older adult
  - Hands-on training for assistance with daily living
5. Dealing with Difficult Situations
  - Changing roles and relationships
  - Behavior management
  - Assistive technology
6. You're the Master of Your Decisions
  - Legal issues
  - Palliative care

**For more information or for the date of next class – contact Vince at (216) 421-1350 ext. 113 or email [vtillman@fairhillpartners.org](mailto:vtillman@fairhillpartners.org).**