

THE CARE PROGRAM

Caregiver Assistance *and* Regional Education

If you are overwhelmed by the responsibilities of caring for a loved one.... You may need a helping hand from the CARE Program.

The **Caregiver Assistance and Regional Education (CARE)** Program offers family caregivers comprehensive education, individual counseling and emergency planning. The program will educate caregivers how to provide enhanced care to their family members, while at the same time maintaining their own emotional and physical well being.

CAREGIVER TRAINING

Our free caregiver training offers educational and emotional support for people who take care of a dependant loved one at home.

This two week course (two sessions each week) is taught by healthcare professionals who will help you understand the changes in roles and responsibilities you will experience as a caregiver as well as the behavioral changes related to chronic illness of the family member.

Our instructors will specifically address personal care and emergency measures you should be familiar with. They will discuss the importance of exploring caregiver feelings and ways to improve communication between caregiver and the physician as well as mobility, end of life issues, medication management and illness prevention techniques; among other topics.

One of our goals is also to put you in touch with community resources that offer services which are beneficial to the caregiver.

EMERGENCY PLANNING

Our Professionals will discuss how to plan for your loved one's care in the event of an emergency affecting the caregiver.

Developing an emergency plan will improve quality of life for caregivers and care receivers while helping to assist law enforcement and health care professionals in obtaining a coordinated plan of emergency care when a family caregiver is in crisis. Caregivers will learn about community resources that provide emergency support, which can be utilized if the caregiver is temporarily unable to fulfill the caregiving role. Advance planning gives caregivers the ability to choose and direct the plan of care for their loved ones.

WHO TO CALL:

For more information on this special course of free training call **1-866-231-0921**. We will let you know when and where classes meet and how to register. If you need someone to care for a family member so you can attend classes or if you need help with transportation, please sign-up early so we can make sure the proper services are attained by the time classes begin. Classes will be held in Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota counties. Call to find out when we will be in your area.

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In Collaboration With:

Lee Memorial Health System –
Older Adult Services

Alvin A. Dubin Alzheimer's
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Hope Hospice and Community
Services

Senior Friendship Centers, Inc.

- The Care Program has been chosen as one of the “Best Practices” in the state by the Florida Department of Elder Affairs