

ESSENTIAL TOOLS FOR CAREGIVERS WORKSHOP SERIES
FRIDAYS MARCH 7, 14, 21, AND 28
9:30 a.m. to 12:30 p.m. IN-PERSON
FREE FOR FAMILY CAREGIVERS OF THOSE WITH DEMENTIA

These workshops will be held in-person at Eskaton Village Grass Valley, 625 Eskaton Circle, Grass Valley. **Spaces are limited!** Registration: www.supportsierranevada.org/aopevents or contact Linda Aeschliman at (530) 648-0592 or linda.aeschliman@commonspirit.org. For any questions or to access respite care, contact Linda.

March 7: Caring for the Caregiver with Judy Kautz, LCSW, AOP Coordinator

Caregiving is full of daily challenges. Meet others who understand what you are experiencing, and learn why self-care is the key to successfully caring for your loved one.

March 14: Community Resources, Elder Care Options and Advance Care Planning with Judy Kautz, LCSW

Nevada County has a wealth of local programs that are here to help. Connect to this network of support so that you will have the information and assistance you need, every step of the way. Learn about different types of care in the home and in facilities, how to access information about options and costs and plan for what's right for your family. ADHC, POA, POLST what a confusing alphabet soup of advance planning documents! Judy will walk you through them and explain the "what, why, how, when".

March 21: Legal and Financial Planning with Dylan Hendricks, J.D. and Heather Thorpe, CFP®, AAMS®

Local experts Dylan Hendricks, J.D., and Heather Thorpe, CFP®, AAMS® will share best practice information about what every caregiver needs to know to handle these challenging topics with knowledge, confidence, and calm. An "ask the expert" opportunity will be included covering general financial and legal topics.

MARCH 28: 1) Ambiguous Loss: Where Absence and Presence Reside at the Same Table

Barbara Larsen, M.A. Ed. will explore with caregivers the many levels of losing a loved one with Alzheimer's disease; and, through a series of experiential activities, begin to take positive steps for increasing tolerance of the unknown.

2) Representatives from Foothills Compassionate Care will discuss with caregivers information about palliative care and hospice care including what these services include, how and when to access them, and how these services are paid for.

Sponsored by the Alzheimer's Outreach Program (AOP) of Western Nevada County

A joint program of Sierra Nevada Memorial Hospital and Sierra Nevada Memorial Hospital Foundation

FOR RESPITE CARE: If you need someone to take care of your loved one in order to participate in caregiver education, respite may be available through Del Oro Caregiver Resource Center (CRC). Priority will go to current clients of Del Oro CRC. To secure respite, please call Del Oro directly at 916-728-9333 no later than TWO (2) weeks before the scheduled event to ensure enough processing time.