

# Caregiver SUPPORT

## EDUCATIONAL SEMINAR SERIES



Do you wish you had this book?

*“Be The Best Caregiver & Feel Fantastic Doing It”*

Although this book hasn't been written, we understand the caregiver journey can be stressful and challenging. Our aim is to provide some clarity and support to caregivers helping seniors. Finding the right information enables compassionate support and advocacy for a friend or loved one.

You are invited to attend a FREE monthly educational series featuring experts and professionals who provide support to families and who are advocates for seniors and their care.

**TUESDAY, JANUARY 24, 2017, 3:00 P.M.**

## Senior Caregiving Can Take a Toll on Your Health

*Experts urge caregivers to care for their own health and well-being.*

In the midst of trying to meet the daily needs of a loved one, it is easy to forget about our own well-being. Come learn new tips that will reduce stress while taking care of your needs.

**TUESDAY, FEBRUARY 28, 2017, 3:00 P.M.**

## Respite Choices to Make Senior Caregiving a Little Easier

*Respite care aids caregivers by providing time to relax and to take time for themselves.*

Full time caregiving can be exhausting and it is important to take occasional breaks and to reenergize yourself. As a family member or friend caring for a loved one, you know that it can be both physically and emotionally taxing. Many caregivers find that taking a break allows them to fully focus on the other tasks needing their attention or take that much needed vacation to connect with their spouse or others. Learn about various respite options available in your community.

**TUESDAY, MARCH 28, 2017, 3:00 P.M.**

## Identity Theft, Protect Your Loved One

*Senior citizen identity-theft rate is rising more quickly than that of any other age demographic.*

Seniors can be easy prey to unscrupulous thieves. Nearly a million seniors reported being the victim of identity theft over the last five years. Susceptible for many reasons, seniors tend to have better credit, use the healthcare system often and grew up believing people are trustworthy. Learn the types of scams most seniors will encounter and successful methods to safeguard them.

**TUESDAY, APRIL 25, 2017, 3:00 P.M.**

## Navigating Difficult Conversations with Your Loved One

*Conversation involving loss of independence with an elderly parent can be difficult.*

Senior caregiving is both a rewarding and challenging experience. Having meaningful conversations with your loved one will help you identify the type of help and support your loved one desires. Learn how to start meaningful dialogue and keep your relationship with your loved ones strong.

Location: Skyline Baptist Church, 4787 Skyline Road S., Salem, OR 97306

This educational series will be held the 4th Tuesday of every month at 3:00pm.

For more information or to reserve your spot(s), please call (503) 378-7499 or (503) 320-4739 (cell) and ask for Sue Horn. Hurry space is limited. Refreshments provided.

Prestige Senior Living Southern Hills  
4795 Skyline Rd S  
Salem, OR 97306



Managed by  
Prestige Senior Living, L.L.C.