

TRAINING COURSES

For Family Caregivers of Older Adults

Powerful Tools for Caregivers

Gain “tools” to improve your self-care, increase your confidence, and reduce your stress while caring for an older loved one. Learn to thrive, not just survive, caregiving, while enjoying the support and encouragement of fellow caregivers. Book and resource info included.

**Wednesdays, September 7 – October 12, 1 – 3:30 pm,
in Erie (open to Boulder Co and Weld Co residents)**

National Caregiver Training Program

Acquire the practical skills needed to provide safe, confident home care for a frail older loved one. Taught by a nurse. Learn to provide personal care, take vitals, manage medications, lift and transfer, use a wheelchair safely, and more. Book and resource info included.

**Thursdays, October 13 – November 17, 2 – 5 p.m.,
in Boulder (open to Boulder Co residents only)**

REGISTER AT: 303-678-6116 or InfoCaregiver@bouldercounty.org

Open to persons caring for a relative, partner, or friend who is age 60 or over, or of any age if the person has dementia. No registration fee; donations are appreciated. Respite care assistance is offered.

