Multnomah County Family Caregiver Support Program has developed some innovative programs to support the unpaid caregiver in making the job of caregiving less stressful. The Family Caregiver Training is one of these programs that will make a difference for you. Classes will focus on your specific needs with creative solutions related to caring for an elder.

**Home Instead Senior Care:** Since 1994, the Home Instead Senior Care network has provided compassionate, in-home care for seniors. Whether it’s a few hours a day or long-term care 24 hours a day, a CAREGiver can offer companionship and conversation, medication reminders, light housekeeping, meal preparation and much more. All CAREGivers are thoroughly screened, extensively trained, insured and bonded, matched to client preferences, professional and reliable. For a free no-obligation consultation, contact your local Home Instead Senior Care network business.

**Information regarding the Training:**

*There will be 4 Classes:*

1. Tips and Tricks in caring for another person safely and without injuries
2. Medication Management and Communicating with doctors/health care providers
3. Supporting seniors in the home: How families can work together
4. End of life Planning

**Assisting in the presentations:**

- Aimee Roth - Home Instead Senior Care
- Lorriann McNeill - Multnomah County Aging & Disability Services
- Katherine Jimenez - Serenity Hospice
- Lynn Coone, - Life Enrichment Services

Classes will be held at the Hollywood Senior Center: 1820 NE 40th Ave., Portland, OR, 97213

For more information and registration call: Lorriann McNeill @ 503-988-3646