

SOUTH ALABAMA  
REGIONAL PLANNING COMMISSION

THE AREA AGENCY ON AGING  
presents

CAREGIVER COLLEGE  
TUESDAY, MARCH 17, 2020

8:30AM - 4:00PM



### ***Dementia 101***

Learn the basics on the most common forms of dementia. Find out what to expect during different states of the disease. Learn what caregivers can do to cope with daily challenges including communication and safety.

### ***Preparing to Care — Starting the Conversation***

A discussion for putting together a supportive plan to help caregivers in their journey. Practice tools and tips offered for caregivers for a peace of mind.

### ***Just 4 Me - Coping as a Caregiver***

Learn stress and relaxation techniques, skills for coping with grief and loss and depression, and taking time for yourself. Get tips and ideas for keeping yourself well while caring for a family member or loved one.

### ***Legal Ease***

Meet with an experienced elder law attorney from the offices of **Davis and Associates**, and learn about medical and financial powers of attorney, long-range legal plans and other age-related topics.



### ***Classes:***

**Mobile Baptist  
Sunlight District Association  
809 Seminary Street  
Prichard, Alabama 36610**

*If you need help with care of your loved one to attend the class, call Della Sanchez at 251-706-4650.*

**REGISTER**

**CALL**  
251-706-4650  
or 1-800-AGE-LINE or

**EMAIL**  
dellasanchez@sarpc.org

**Lunch Provided  
Limited Seating**