

# ESSENTIAL TOOLS FOR CAREGIVERS WORKSHOP SERIES AUGUST/SEPTEMBER 2022

## FREE FOR FAMILY CAREGIVERS OF THOSE WITH DEMENTIA

Help is on the way for family caregivers! This workshop series will be held from 10:00 a.m. to noon on the following Fridays on Zoom, link to be emailed out following registration.

**Registration:** [www.supportsierranevada.org/aopevents](http://www.supportsierranevada.org/aopevents) or contact Linda Aeschliman at (530) 648-0592 or [linda.aeschliman@dignityhealth.org](mailto:linda.aeschliman@dignityhealth.org).

**AUGUST 26:** 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.

**SEPTEMBER 2:** Community Resources and Elder Care Options with Judy Kautz  
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.

**SEPTEMBER 9:** Introduction to the HeartMath Experience with Maureen Gerecke, Person Centered Counselor with FREED. Caregivers are under a tremendous amount of stress and are bombarded with many external challenges daily. Learn the basics of how you can manage your internal responses to these challenges and help to replace turmoil with calm and peace. Your loved ones will benefit too!

**SEPTEMBER 16:** Financial/Legal Planning with Heather Thorpe, AAMS & Dylan Hendricks, J.D. Local experts share how to plan for future financial needs and stay ahead of legal issues so you can tackle these challenging topics with knowledge, confidence, and calm.

**SEPTEMBER 23:** Advance Care Planning with Judy Kautz ADHC, POA, POLST what a confusing alphabet soup of documents! Judy will walk you through them and explain the who, what, why, how, when.

**SEPTEMBER 30:** Creating Meaning in Daily Activities with Judy Kautz and Linda Aeschliman  
Learn to use your loved ones strengths to make the day less pressured and more fun for both of you. We'll explore basic approaches for helping your loved one to feel competent, valued, and useful through daily activities.

**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.