



Caring for the Caregiver

FINDING THE BLESSINGS

PRACTICAL SUGGESTIONS AND HEALTHY INSIGHTS FOR CAREGIVERS

Presented by Hospice of Northwest Ohio in partnership with the Area Office on Aging.

Are you tending to the everyday needs of someone who is frail or debilitated? This four-session workshop can help you make life more comfortable for your friend or family member and, at the same time, help you find more meaning in the caregiving experience.

PARTICIPANTS WILL LEARN TO:

- ❖ Cope with changes, losses and life transitions;
- ❖ Say what is important to friends and family;
- ❖ Explore the spiritual aspects of caregiving;
- ❖ Create positive caregiving experiences;
- ❖ Talk about end-of-life care and make important decisions;
- ❖ Know what to expect as caregiving becomes more complex;
- ❖ Plan for their future.

SEVERAL SESSIONS OFFERED

Hospice of Northwest Ohio • 800 South Detroit Avenue • Toledo

6:00 - 7:30 pm • Thursdays, January 5, 12, 19 and 26, 2012

1:00 - 2:30 pm • Sundays, February 5, 12, 19 and 26, 2012

6:00 - 7:30 pm • Thursdays, May 3, 10, 17 and 24, 2012

1:00 - 2:30 pm • Sundays, June 3, 10, 17 and 24, 2012

Hospice of Northwest Ohio • 30000 East River Road • Perrysburg

1:00 - 2:30 pm • Sundays, March 4, 11, 18 and 25, 2012

6:00 - 7:30 pm • Thursdays, April 5, 12, 19 and 26, 2012

The series is free and open to the public. Space is limited and pre-registration is required. To register, call Sandy Garrison at 419-661-4001.

