



ATTENTION FAMILY CAREGIVERS:
Do you feel tired, overwhelmed, isolated and alone?

Caregivers College



Saturday, April 27th 2013

(Registration begins at 8:45 a.m.)

9:00 AM-1:00 PM – Lunch Included

St. Paul Lutheran Church

730 County Trunk PPP

Sheboygan Falls, WI

This **hands-on** training for you and your family and friends will provide the skill and confidence needed to care for your loved one.

Topics include:

- developing a support team
- completing safe transfers
- providing respectful personal care
- using helpful assistive home aids
- taking care of you



To register: Call (920) 467-4100 and mail check for \$5.00 (individual) or \$10.00 (family/friend unit up to 5) to: Aging & Disability Resource Center, 650 Forest Ave., Sheboygan Falls, WI 53085. Registration is required. Space is limited. Respite for care recipient available for eligible individuals – call ahead for more information.

Primary Caregiver Name: _____ Phone: _____

Address: _____ Total Number Attending: _____

Primary Caregiver Cares for: spouse parent adult child other Comment: _____

Organization members of the Family Caregivers Coalition sponsoring this event:

