

CAREGIVER SURVIVAL SKILLS

*A Series to Help Caregivers Assist
Their Loved Ones*

Winter Workshops



Tuesday, January 24, 2012
**PREPARING FOR DIFFICULT
DECISIONS: MEDICAL**

This workshop, led by Janine A. Guillen, JD, LLM, MBA, RN, will provide information on medical decisions caregivers may face with their loved ones and tools to help deal with them.

Tuesday, January 31, 2012
**PREPARING FOR DIFFICULT
DECISIONS: LEGAL**

Learn about advanced directives and other legal tools to utilize when facing difficult legal decisions.

(Rescheduled from Dec. 1 snow day)

Tuesday, February 28, 2012
**SELECTING A CARE
COMMUNITY**

Representatives from the Ombudsman office at the Denver Regional Council of Governments (DRCOG) will discuss how to best select a place to care for loved ones who can no longer be cared for at home.

WHO SHOULD ATTEND: Caregivers of persons with Alzheimer's disease or dementia, and anyone interested in issues that may affect you and your loved ones

TIME: 4-5:30 p.m.

WHERE: Evergreen Fire & Rescue Administration Bldg. (1802 Bergen Parkway, Evergreen)

To RSVP or for directions, please call the Seniors' Resource Center (303-674-2843) or Mt. Evans Home Health & Hospice (303-674-6400), or email wsnow@mtevans.org.

Caregiver Survival Skills is a free educational series presented monthly by the Mountain Caregivers Resource Group for caregivers, their families, and anyone who would like to learn more about options and resources.

**The Mountain Caregivers Resource Group includes:
The Seniors' Resource Center of Evergreen, Mt. Evans Home Health & Hospice,
Augustana-Elk Run Assisted Living and Life Care Center of Evergreen.**