



# FREE! Increasing Your Capacity for Excellent Care Series

**Essential insights & skills to help you on your care-giving journey. Learn from experts how to treat your loved ones with dignity and respect as they age.**

*Offered by The Division of Aging & Disabilities in partnership with Carroll Community College.*

- Take one or take them all.
- All classes held at Carroll Community College.
- No cost but registration is required.

**To register, visit [carrollcc.edu/CareSeries](http://carrollcc.edu/CareSeries) or call 410-386-8100.**



### **Preparing for the Big Decisions**

Our experts will guide you in developing a plan for the legal and financial responsibilities that come with caregiving. Topics include advanced directives, power of attorney, acquiring documentation, liquidating assets and debt identification.

Saturday, April 11 / 9 a.m. - 12 p.m.

### **Caring for Yourself While Caring for Others**

It's easy to neglect your own needs when caring for loved ones. This course emphasizes the importance of self-care to avoid "compassion fatigue" and maintain your health. Learn about the aging brain, understand the needs of your care recipients, and discover strategies to balance caregiving with self-care.

Saturday, June 27 / 9 a.m. - 12 p.m.



### **Hands on Skills for the Caregiver**

Get hands-on expertise to ensure the well-being and safety of your care recipients. Topics include personal care assistance, medication management, mobility aid and recognizing emergencies.

Saturday, Aug. 8 / 9 a.m. - 12 p.m.



### **Complete Care - Building your Caregiving Blueprint**

Combine the physical, cognitive, and emotional aspects of caregiving into a unified approach. Blend practical skills, thoughtful decision-making, and emotional resilience to develop a personalized care plan that promotes dignity, sustainability, and compassion. Practice applying what you've learned to real-life caregiving scenarios and prepare for the ongoing journey of caregiving with excellence.

Saturday, Oct. 3 / 9 a.m. - 12 p.m.