

## Elder Caregiving Class Offered

- ✓ Do you awaken at night to help your spouse to the bathroom?
- ✓ Do you arrange your schedule to fit your mother's doctors' appointments?
- ✓ Do you take an elderly aunt to the grocery store and help her with housework?
- ✓ Is your health being affected due to added stress from caring for your parents?
- ✓ If you answered yes to any of these questions, this class is for you!

**"Taking Care of You - Powerful Tools for Family Caregiving"** is an educational training class designed to help family caregivers take care of themselves. Classes are designed to give the caregiver necessary emotional tools to reduce guilt, anger and depression, how to deal with difficult feelings, take care of yourself, help you relax, set goals, solve problems and effectively communication with family members and health service providers. Classes are held once a week for seven weeks for 2 ½ hours. The cost is \$10. Class scholarships, respite care and transportation funding is available. Classes will be held at the following locations:

Date: 4/10/07 to 5/22/07  
Time: 9:00 to 11:30 a.m.  
Location: First Lutheran Church  
612 N. Randall, Janesville

Date: 9/11/07 to 10/30/07  
Time: 9:00 to 11:30 a.m.  
Location: HospiceCare, Inc.  
3001 W. Memorial Drive, Janesville

Date: 5/9/07 to 6/20/07  
Time: 1:00 to 3:30 p.m.  
Location: Huntington Place  
3801 N. Wright Rd, Janesville

Date: 10/1/07 to 11/12/07  
Time: 1:00 to 3:30 p.m.  
Location: 2<sup>nd</sup> Congregational Church  
657 Bluff, Beloit

For more information or to register for any of the upcoming classes please call the Rock County Council on Aging at 758-8455.