

WORKSHOP TOPICS

Living with Dementia
Signs of Stress & Stress Reduction
Communicating in Difficult Situations
Legal Issues Related to Caregiving
Managing Medications
How to Talk to the Doctor
Emotional Well-Being
Taking Charge of Your Health
Grieving– A Natural Reaction to Loss
Healthy Lifestyles
Preventing Caregiver Burnout

Care Pathways is a program for those caring for family members who are age 60 or older.

Call (877) 932-4100 for workshop schedules and material support or visit us at rcAging.org.



The caregiver support groups are offered in a series of up to twelve (12) workshops, focusing on numerous topics relevant to in-home care and wellness.

Participants are encouraged to attend all workshop offerings in the scheduled series. Referrals to **free** respite and material support are also available.



**RIVERSIDE COUNTY
OFFICE ON AGING**

3610 Central Ave. #102
Riverside, CA 92506

Care Pathways

(877) 932 – 4100



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Discover your personal pathways to well-being

Services are Free

- * Shopping * Laundry * Meal Preparation *
- * Bathing * Dressing * Transportation *
- * Clinic Appointments * Medication Support *
- * Legal Aid * Financial Assistance *



Your Wellness

How are you feeling?

- | | |
|--|---|
| <input type="checkbox"/> Difficulty concentrating | <input type="checkbox"/> Trouble sleeping |
| <input type="checkbox"/> Difficulty making decisions | <input type="checkbox"/> Bothered by changes in loved one |
| <input type="checkbox"/> Feeling overwhelmed | <input type="checkbox"/> Loss of personal time |
| <input type="checkbox"/> Feelings of loneliness | <input type="checkbox"/> Emotional upset |
| <input type="checkbox"/> Increased irritability | <input type="checkbox"/> Have stomach problems, headaches, fatigue, back pain |

 **TOTAL** _____



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Call **(877) 932-4100**
if you checked 3 or more