



Kapi'olani Community College Kupuna Education Center is offering three 2-hour classes for family caregivers.



Understanding Aging and Chronic Health Issues

Class Date: March 21, 2014 (Friday) Time: 9:00-11:00AM Fee: FREE

The following topics are addressed from the caregiver perspective: the normal process of aging, chronic health conditions, medication management, nutrition & diet, maintaining independence in activities of daily living and end-of-life care. The focus is on the caregiver and what a caregiver can do as well as promoting as much independence as possible for the elder.

Community, Legal, & Financial Resources for Family Caregivers

Class Date: April 4, 2014 (Friday) Time: 9:00-11:00AM Fee: FREE

This course will address topics related to social and health-related resources for elders and caregivers that are available in the community (e.g. free and fee-for-service). In addition, this course will address common legal issues including power of attorney, Will and Trusts, advanced health care directives, elderly abuse & neglect, financial scams, and mental competency issues.

Financial issues will include discussions on the cost of long-term care and the differences between Medicaid and Medicare coverage.

Understanding Alzheimer's Disease and Related Dementia

Class Date: April 25, 2014 (Friday) Time: 9:00-11:00AM Fee: FREE

This course will address dementia and specifically Alzheimer's Disease. Topics include the disease process, behavioral management techniques, resources in the community and caregiver stress relief.

Instructor: Toni Hathaway, LSW - Education Coordinator



All sessions to be held at:

McKinley Community School for Adults
634 Pensacola Street
Honolulu, HI 96814

ROOM: 104

Free Parking Available
Enter through Pensacola Street



These courses are offered FREE and only limited to 25 people per session.

TO REGISTER CALL: (808)734-9108



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For more information on Kupuna Education Center: Call 734-9108 or visit our website at www.kupunaeducation.com

