

Family Caregiving Classes

Enhance Your Skills • Reduce Your Stress • Build Your Confidence



If you are helping care for a parent, spouse or friend, you know that ensuring a safe environment and providing even the most basic care can sometimes be overwhelming. Now you can learn how to provide the best care you can with the Family Caregiving program from the American Red Cross.



**American
Red Cross**

Committed to Caring for More Than 90 Years

Generations of Americans have relied on the Red Cross for training that helps keep families safe. And now, through the new Family Caregiving program, we're here for you and your loved ones with information-packed presentations that incorporate the latest research and care standards to help you provide the best care you can.

Family Caregiving Classes: *Convenient. Flexible. Affordable*

Family Caregiving offers eight one-hour classes to help you provide the best care you can for your loved one and gain a better understanding of safety, nutrition, personal care and legal and financial issues. The modular program lets you pick any session you want, whenever you want – you pay a nominal fee for only those you attend. You'll enhance your skills, reduce your stress and build confidence.

- Home Safety
- Healthy Eating
- Caring for the Caregiver
- General Caregiving Skills
- Legal and Financial Issues
- Assisting with Personal Care
- Positioning and Helping Your Loved One Move
- Caring for a Loved One with Alzheimer's Disease or Dementia

***Each Class
Is Only
One Hour!***



**For More Information on the Family Caregiving classes,
please contact**

**Heartwarming Care
(253) 460-1574**

www.heartwarmingcare.com



Note to Employers:

Support For Working Caregivers Is Smart Business

Caregiving directly affects corporate earnings through its impact on employee job performance, time lost from work and the ability to stay on the job. Yet, given the average age of the majority of working caregivers,

these workers may also be some of your most experienced and loyal employees. So, what can you do to help them – while helping your business?

Research consistently shows that an employer's recognition of the importance of an employee's family life is one of the most significant drivers of employee commitment.