



Workshop to Help Those Caring for Older Family Members or Friends

October 2, 9, 16 and 23, 2008

Many of us will help care for older partners, family members or friends at some point in our lives. While providing care to our aging relatives or friends, we may feel unprepared to handle this caregiver role.

Partnership for Healthy Aging is pleased to sponsor *Putting the Puzzle Together: Getting Ready to Offer Information, Care, and Support to Older Family Members and Friends*.

We will offer this series on Thursdays, **October 2 – 23**, from **5:30 – 7:30 p.m.**, at the Maine Medical Center Geriatric Center, 66 Bramhall Street, Portland.

This series provides the tools necessary to understand options and encourages family members to plan together. Topics covered include:

October 2	Understanding Geriatric Health Issues
October 9	Resources, Supports, and Living Options
October 16	Legal and Financial Issues
October 23	Making it Work

Presenters include William Wadland, MD, Maine Medical Center Division of Geriatrics; Ann O'Sullivan, Family Caregiver Specialist, Southern Maine Agency on Aging; and Mary Toole, Esq., Toole, Carlin & Powers, P.A.

The cost of the program is \$20 for the series, and includes a comprehensive *Guidebook for the Caregiving Journey*. **Advanced registration is required.** Please call **775-1095** to register or for more information.