

# Coping with Caregiving WORKSHOP



Hosted by **HOSPICE & HOME CARE**  
*of* **ALEXANDER COUNTY, INC.**

Monday, April 1, at 6pm

To be held in the Conference Room of Hospice of Alexander  
50 Lucy Echerd Lane, Taylorsville

**FREE TO ATTEND!**

Please call 828-632-5026 to register!

Presented by the Western Piedmont Council of Government  
Area Agency on Aging Family Caregiver Support Specialist, Mary Mitchell

This workshop will focus on empowering the many caregivers of Alexander County with information and resources to make their caregiver journey successful. This workshop will help you locate helpful resources available to you and your loved one. A certified nursing assistant, with 36+ years of experience, will provide education on skin care, incontinence maintenance, and safe mobility. Caregivers will learn how to improve their self-confidence, communicate feelings effectively, and reduce stress.

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You are a Caregiver if you...

Help a loved one bathe, dress, eat, use the toilet, or move about • Provide transportation for a friend, family member, neighbor to doctor appointments • Help someone pay bills, balance the checkbook, or make medical appointments • Assist someone with household chores such as meal preparation, cleaning and grocery shopping • Need help finding someone to stay with your loved one while you work, go to the doctor, or take a shower • Have a loved one in a nursing home or are considering a nursing home for your loved one

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