

THE ART OF CAREGIVING



MID-CAROLINA
REGIONAL COUNCIL

How To Piece It All Together

Class Topics

- Caregiving Basics
- Activities of Daily Living & Instrumental Activities of Daily Living
- Medication Management
- Nutrition
- Safety
- How to talk with your Doctor

Family caregiving certainly has its challenges; but it does not need to be overwhelming or confusing. With the right tools and information at your fingertips, managing the care of a loved one can be simplified.

As many adult children are being faced with the responsibility of caring for their aging parents, they may find themselves wondering where to start, how much it will cost, what is covered by insurance among many other important questions. The Art of Caregiving - How To Piece It All Together will help you put all the pieces of the puzzle together by removing the complication and guesswork for all those considering caring for a family member.

Sept 26, 2025
9am – 2pm

Bill Crisp Senior Center
7560 Raeford Rd • Fayetteville, NC

Light Refreshments Provided

Registration

Required

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