

Do you act as the primary caregiver for an older adult every day?

Have you been frustrated with finding the information and supports you need?



**FREE
7 WEEK
COURSE**

**STARTING
OCTOBER
2018**

Enhance your knowledge and skills through
Caregiving Essentials,
a free online course.

You will access information over the internet at your own pace, as well as meet others who are in a similar position.

TOPICS WILL INCLUDE:

- Becoming a caregiver, including legal and financial information
- How to navigate the health care system and get the supports you need
- How to take care of yourself so you can care for someone else
- Health and medical information

For more information or to register, please contact Alix at crgvr@mcmaster.ca or 905.525.9140 ext. 22559

Respite, transportation, and technological support will be provided as needed.

Funded by:



**CONTINUING
EDUCATION**



Institute for
Research on Aging



Thrive Group
Integration. Inspiration. Independence.