



CARING FOR OLDER ADULTS

The more you know, the more you can help.

Helping an older family member or close friend is an important role. This free class will provide actionable steps that you — informal caregivers, family members, and friends — can take to limit risks for the older adult(s) in your life. The information provided is beneficial for those who help daily, and for those who may only help an older adult occasionally. Drcog — the Area Agency on Aging — will also provide a brief presentation on different services offered at no cost to help people remain independent in the community.



Classes are available once per month | Free lunch is provided

What will this class cover?

- How to help an older adult get off the ground if they experience a fall where there is no injury
- Tips to find and fix fall hazards in the home
- Free aging resources within Douglas, Jefferson, and Arapahoe Counties, including who to call for help with resource navigation
- How to spot a stroke
- Cardiac arrest vs. heart attack
- Hands-Only CPR

Register here:

southmetrofoundation.org

Contact information:

Chelsea Tegtmeier
Chelsea.tegtmeier@southmetro.org
(720) 788 4350



If you are over the age of 60, check out our free Safety Skills for Older Adults class at southmetrofoundation.org