



## **United Senior Action Family Caregiver & Empowerment Program**

### **Help for caregivers facing a loved one's placement in a long-term care facility**

At times being a family caregiver may involve making difficult decisions, including the decision to place a loved one in a long term care facility when staying at home is no longer possible. These decisions are stressful, but can be made easier with information, resources and support.

The United Senior Action Foundation's Family Caregiver Education program is designed to assist current and potential caregivers in understanding available options, selecting the right facility and getting the best care. The program offers **free** seminars and presentations. These sessions include:

#### **Assisting You With Assisted Living (Workshop)**

Since there are a wide range of assisted living options available in Indiana, choosing among them can be confusing and create problems for the unwary consumer. This workshop will teach family caregivers how to navigate their way through the assisted living maze in Indiana and select the residence that is right for their loved one. Tips for advocating for quality care will also be discussed.

May 3, 2008 9:30 am – 11:30 am Reservations required.

#### **Yes, You Can! Ten Tips for Getting Good Nursing Home Care (Teleconference)**

The more you know now, the better nursing home care you can get for a loved one if and when that day comes. This teleconference (a seminar conducted by phone) will cover critical points that family caregivers should consider when choosing a nursing home and monitoring a loved one's care after admission. Participants will also learn about resources for obtaining additional information. With this teleconference, you can learn while sitting in your own home!

June 10, 2008, 7:00 – 8:30 pm. Registration required.

To register for the workshop or teleconference or schedule a presentation for a group, contact Robyn Grant at (317) 687-3659 or (800) 495-0872 or by email at [rgrant@usaindiana.org](mailto:rgrant@usaindiana.org).

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