



Caregiver Education Series

Join us online!

The Boulder County Area Agency on Aging Caregiver Initiative is focused on empowering and supporting caregivers of older adults. Our Caregiver Education Series provides informative and interactive presentations focused on increasing caregiver confidence, improving the ability for caregivers to provide hands-on care, and improving coping skills. Addressing these common issues for caregivers can lead to improved health, safety, and quality of life for caregivers and care recipients. These sessions are free of charge to attendees and are structured to provide meaningful programming and engagement for our community. Learn more about what we offer at boco.org/Caregiving.

2022 Boulder County Caregiver Appreciation Event

Wednesday, Nov. 30, 1-2:30 p.m.

For most people rooted in Western culture, it is difficult to ask for and receive help from other people. The reality is that we will all need help due to the challenges posed by aging and/or illness. How are we to overcome our resistance to assistance? Please tune in to hear about Collaborative Care - Working and Caring Together.

Register for this program at <https://bit.ly/3FeTaC0>.



Information & Assistance for Aging Well

303-441-1617

www.BoulderCountyAging.org