



Help for the Journey Caregiver Forum

The Boulder County Area Agency on Aging Caregiver Initiative is focused on empowering and supporting caregivers of older adults. We provide informative 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. Our services are free of charge and are structured to provide meaningful programming and engagement for our community. Learn more about what we offer at boco.org/Caregiving.

The Boulder County Area Agency on Aging and AARP of Colorado are offering Help for the Journey, six hours of education providing hope, information, and resources for caregivers of older adults. This program will include a box lunch. Participants can register for the full day and will receive a box lunch at no charge. Speakers include Brandy Queen, Kay Adams, Renita Henson, Stacey James, and Cassie Angerer.

When: Tuesday, July 23, 10 a.m.-4 p.m.

10 a.m. - Interdependence in Caregiving

11:15 a.m. - Cultivating Competence and Compassions in Dementia Caregiving

1 p.m. - Movement, Motion, and Making Care Safe

2:30 p.m. - How to Get Paid to Be a Caregiver of a Medicaid Recipient

Where: Boulder County Southeast Hub (1755 S. Public Rd., Lafayette)

Register for the event by Tuesday, July 16 at helpforthejourney.eventbrite.com

For more information, or late registration that will not include a boxed lunch, contact Rebekah Van Sweden, at 303-441-3945 or InfoCaregiver@bouldercounty.org.



Information & Assistance for Aging Well

303-441-1617

www.BoulderCountyAging.org

AARP

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