CARE Services Elder Care Program will be offering the following workshops. Registration is required through UCB Learning Center. Log on to UCB Learning Center at http://tinyurl.com/ucblms
For more information, call (510) 643-7754

➢ Dementia: Know the 10 Signs  
**Tuesday, Sep. 28, 12:10-1:30 pm, Tang Ed Center**
This workshop will present the ten warning signs of Alzheimer’s disease, what is involved with getting a diagnosis, the risks associated with the disease, and the benefits of early detection. Alzheimer’s Association

➢ Beyond the Barriers: Communicating Effectively with an Elder  
**Thursday, Oct. 7, 12:10-2 pm, Tang Ed Center**
Communication challenges between a caregiver and an elder can be stressful for the individuals and for the relationship. This unique workshop will use role-play to demonstrate successful communication techniques, and to validate one’s experiences. Jennifer Rosvally and Shura Saul

➢ Residential Living Options for Seniors  
**Wednesday, Oct. 27, 12:10-1:30 pm, Tang Ed Center**
Learn the facts about independent living, assisted living, board & care, residential care, and skilled nursing facilities. Levels of care, services provided, including rehabilitation and respite care, and how to pay for care will be explored. Mary K. Stegner, The Stegner Registry

➢ Long-distance Caregiving  
**Thursday, Dec. 9, 12:10-1:30 pm, Tang Ed Center**
Are you a long-distance caregiver? Are there others like you, trying to help an elder from a distance? Come to this interactive workshop to learn when and how to help, and to find resources that can assist your elder and provide you with support.

➢ Elder Care Support Group  
**Bi-Weekly, 2nd and 4th Thursdays, noon-1:30 pm, Tang Center**
This group provides mutual aid, support, and sharing of topics commonly experienced by caregivers of ill, disabled or elderly relatives/partners. If interested in participating, call 643-7754 for an individual orientation meeting.

➢ Individual Consultation  
Free confidential assistance for those concerned about, or caring for an elder or dependent adult. Call 643-7754 for an appointment with the Eldercare Counselor, or for a telephone consultation.