

Caring for You, Caring for Me: Support for Family Caregivers

**Caring for You,
Caring for Me**
is a blend of interactive
support and education
for caregivers of older
adults. Participants
report increased feelings
of confidence and
competence in their
caregiving role.

ROSALYNN **FOR**
CARTER **CAREGIVERS**
INSTITUTE

*Licensed by the Rosalynn Carter
Institute for Caregivers*



THIS PROGRAM FOCUSES ON A DIFFERENT MODULE FOR CAREGIVERS EACH SESSION:

- ▶ What It Means to Be a Caregiver
- ▶ Taking Care of Yourself
- ▶ Building Cooperative Relationships
- ▶ Preventing and Solving Problems
- ▶ Accessing and Developing Resources

**Wednesdays, from 10:30 a.m. to 12:30 p.m.
February 28—March 27, 2024**

Insight Memory Care Center - 3953 Pender Drive #100 Fairfax 22030

NOTE: Respite services may be available on a sliding fee scale for caregivers who would like to participate but are unable to make arrangements for their loved one. Three weeks advanced notice requested if respite services are being requested.


TO REGISTER OR FOR MORE INFORMATION, PLEASE CALL **Kristin Martin** AT **703-324-7577**

ONLINE REGISTRATION www.tinyurl.com/CFYCFM4U

Presented by ElderLink:

ElderLink is a cooperative partnership of Inova Health System and the Fairfax Area Agency on Aging

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 Where a TTY number is not indicated, use 711/Virginia Relay.
Reasonable accommodations provided upon request,
call 703-324-5411.



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES

