

ALLEGAN COUNTY
**CAREGIVING SKILLS
TRAINING**



**310 Thomas St.
Allegan, MI**

Other West MI & virtual location/dates available- see registration for details

Falls and Mobility Assistance

Monday, Oct. 28
10:00 am - 12:00 pm

Strategies for:

- Fall prevention
- What to do if there is a fall
- Helping with walking
- In/out of a car

Caregiving Skills for the Daily Routine

Monday Nov. 4
10:00 am - 12:00 pm

Strategies for:

- Bathing (includes bed bath)
- Activities of daily living
- Communication

Care for the Caregiver

Monday, Nov. 18
10:00 am - 12:00 pm

Strategies for:

- Injury Prevention
- Self-care
- Organizational tips
- Resource connections



The Source for Seniors

No cost.

Register with the QR code or call:
(616) 456-5664

