



# Caregiving for an Older Adult

Family caregivers of older adults with frailty and/or chronic health problems face myriad of challenges. Risks to health and well-being are statistically higher for family caregivers than for their peers who are not caring for a family member. Studies show that caregivers who are well-informed and well-supported report better health and well-being than those who are not. This 90-minute class explores the many sources of caregiver stress and offers insight about strategies for coping and accessing support, both within the Kaiser Permanente system and in the community.

Join us for an upcoming class.

## 2020 class dates and times:

January 17	9:00 to 10:30 a.m.
April 3	9:00 to 10:30 a.m.
July 24	9:00 to 10:30 a.m.
October 16	9:00 to 10:30 a.m.

**To register:** Call (707) 393-4115 or log onto [kp.org/santarosa/geriatricclasses](https://kp.org/santarosa/geriatricclasses)

**Fee:** No fee

