

# Are You A Caregiver? No One Should Go It Alone!



Join us on Wednesday, September 25th from 12:00-2:00pm at the Gordon Behrents Senior Center for the

## **Caregiver Essentials Luncheon**

*presented by Alternatives' Program Director Erin Hanna*

**During this event caregivers will learn to:**

- develop a "team" and find additional community supports and resources specific to their loved one's needs,
- begin to develop a person-centered care plan and
- focus on the values, preferences and wishes of the care recipient.

For the Caregiver, caring for a loved one could be the most important job you will ever do and it's all too easy to put your own needs on hold. Caregivers will complete their own plan(s) for maintaining physical and mental health

**This event is free to caregivers in the community!**

**Sandwiches and beverages will be provided!**

To RSVP please call Ellen Berberich at 309-277-0167 by September 23rd.

The Gordon Behrents Senior Center is located at 2015 Windish Dr. Galesburg, IL