

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



Join us on Friday, September 20th from 12:30-2:30pm at the McDonough YMCA 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 19th.
The McDonough YMCA is located at 400 E. Calhoun St. Macomb, IL