

The FTAAAD Family Caregiver Support Program

Telephone Support Group for Family Caregivers of Older Adults

Have you ever wanted to attend a support group, but don't have the time due to your busy schedule? This group may be just what you need!



Join us to share your experience, receive useful information, learn caregiving tips, and gain emotional support without leaving home.

2nd Thursday of each month
3:00 p.m. – 4:00 p.m.

Topics:

April 9

Caregivers Have Rights Too

Hear the tools you need to take care of yourself in order to take even better care of your loved one. Don't miss this important discussion!

May 14

Summer Travel Tips

Kim Howell, from Visiting Angels, will discuss things you can do to ensure traveling with your loved one goes as smoothly as possible. Find out how!

June 11

What To Look For When Looking For A Home Care Agency

Tracey Kendall, from Home Instead Senior Care, will discuss the attributes or vital things that you should look for when choosing or looking for a home care agency.

To Register and for more information:

Call Tracy Buckles, Health Promotions Specialist at 423-722-5109

After registering, you will receive a call-in phone number and an access PIN number to enter the group call.



Sponsored by the First Tennessee Area Agency on Aging & Disability

For Information & Assistance about local services available in your area please call: 423-928-3258, Toll Free: 866-836-6678

www.ftaad.org

"Recognizing that caring for others is not only rewarding, but at times stressful."