

If You're Helping to Provide Care for a Loved One, You're Not Alone

The American Red Cross Family Caregiving Program Can Help

Attend a Family Caregiving Presentation Today

If you're helping to provide care for a parent, spouse or friend, you know that ensuring a safe environment and



providing even the most basic care can be overwhelming. Learn how to provide the best care you can with the Family Caregiving program from the American Red Cross.

Flexibility and Content to Meet Your Needs

Family Caregiving offers nine one-hour classes to help you provide the best care you can. Our modular program design lets you pick any session you want.

Classes are only one hour each –

- Home Safety
- General Caregiving Skills
- Positioning and Helping Your Loved One Move
- Assisting with Personal Care
- Healthy Eating
- Caring for the Caregiver
- Legal and Financial Issues
- Caring for a Loved One with Alzheimer's Disease or Dementia
- Caring for a Loved One with HIV/AIDS

Too Busy to Learn Family Caregiving Skills?

Now you can learn to provide the best care possible with the Family Caregiving reference guide and DVD set right in your own home when it's convenient for you.

The Family Caregiving reference guide and DVD set includes all the same content as our training presentations, plus information on how to respond to emergencies such as heart attacks, strokes and choking. The full-color, spiral-bound reference guide includes charts for recording vital signs and medications, as well as a tri-fold Emergency Contact Card to keep with your loved one in case of an emergency. Plus, the DVD will allow you to master skills such as positioning and transferring your loved one by watching other caregivers in action.



NEW!

Family Caregiving
Be Red Cross Ready
Safety Series, Vol. 1
Stock No. 653975
Retail Price \$24.95



For more information on Family Caregiving training, contact your local American Red Cross chapter at (601) 353-5442. To purchase the Family Caregiving reference guide and DVD set, contact us by phone or on the web at www.mississippi-redcross.org