

IF A LOVED ONE LEANS ON YOU...
LEAN ON THE NEW
CAREGIVER GUIDE CLASSES

Are you caring for a family member or friend who is aging, chronically ill, has a disability, or mental illness?
The UCARE Caregiver Guide Classes provide hands-on training on a variety of topics to help you.

Now offered in 7 locations, including Spanish-speaking

PAYSON

Thursdays, 3/17 – 5/12
7:00 – 8:30 pm
Parkway Health
55 S. Professional Way, Payson

SPRINGVILLE/SPANISH FORK

Thursdays, 3/17 – 5/12
6:30 – 8:00 pm
Springville Senior Center
65 East 200 South, Springville

PROVO/OREM

Thursdays, 3/17 – 5/12
11:00 am – 12:30 pm
Courtyard at Jamestown
3352 N 100 E, Provo

PROVO/OREM

Tuesdays, 3/15 – 5/10
6:30 – 8:00 pm
Aspen Senior Day Center
3410 N. Canyon Road, Provo

OREM/LINDON

Mondays, 3/14 – 5/9
2:00 – 3:30 pm
Rocky Mountain Home Care
473 W 1400 N, Orem

HIGHLAND/ALPINE

Thursdays, 3/17 – 5/12
6:30 – 8:00 pm
Highland Community Center
5378 W 10400 N, Highland

PROVO (Spanish)

Tuesdays, 3/15 – 5/10
6:30 – 8:00 pm
Dixon Middle School
750 W 200 N, Provo

Fee:
\$3.00 per class
or
\$20.00 for entire series
(Grants may be available
for those unable to pay)

**Call Nancy at Mountainland
Aging & Family Services
(801) 229-3818 or register at:
www.mountainland.org/care**

Class Schedule

Week 1 March 14-18	Community Support for Remaining at Home Managing Personal Assistants
Week 2 March 21-25	General Caregiving Skills Healthy Eating
Week 3 March 28-Apr 1	Home Safety The Accessible Home
Week 4 April 4-8	Positioning and Helping Your Loved One Move Assisting with Personal Care
Week 5 April 11-15	Assistive Technology
Week 6 April 18-22	Alzheimer's & Dementia Mental Illness
Week 7 April 25-29	Legal & Financial Issues
Week 8 May 2-6	Caring for the Caregiver
Week 9 May 9-13	Review

*All classes provide contact information for local services,
websites, and publications that will help caregivers.*

