

## **Alabama Home Caregiver: Caring for Caregivers**

It is estimated that more than a half million people in Alabama are caregivers for an ill, disabled or older family member. Are you one of them? Would training help you do a better job?

The Alabama Cooperative Extension System, in conjunction with Bibb Medical Center, the American Red Cross, the West Alabama Regional Commission and CV Home Health, is offering an intensive two-day workshop in mid-July at Bibb Medical Center Nursing Home for caregivers, including family members, friends and professional caregivers in Bibb and surrounding counties.

Entitled "Alabama Home Caregiver: Caring for Caregivers," this **free** workshop will be held in the Conference Room of Bibb Medical Center Nursing Home at 208 Pierson Avenue in Centreville. The Conference Room is located at the end of the first hallway to the right, just inside the main entrance to the Nursing Home.

The workshop will be held from 8am to 4pm on Wednesday, July 15 and 8am to 4pm on Thursday, July 16. **Free** lunch will be provided on each day to workshop participants. Participants will also receive a t-shirt, bound notebook of presentation-related materials, and a certificate of completion. Participants must attend both days to get the certificate.

To register, or for more information, call the Bibb County Extension Office at 205-926-3117 or 205-926-4310. Space is limited and registration is first come, first serve. The **registration deadline is 4:30pm on Tuesday, July 7.**

"The purpose of this workshop is to provide individual citizens with research-based information and hands-on training that enhances their knowledge of caregiving and respite issues. In addition, this training can also help ease the burdens associated with caregiving," said Sallie Lide-Hooker, Bibb County's Regional Extension Agent for Family & Child Development.

Extension has put together an outstanding team of local and state professionals to conduct the training. A wide range of topics will be covered including aging, communicating with seniors, body mechanics, business and finance issues, home maintenance, disaster planning, nutrition, personal care, food safety, senior fraud, and time and stress management.

Presenters will include Hooker, Janice Hall-Regional Extension Agent for Food Safety and Preservation, Sharon Gilbert-Regional Extension Agent for Family and Consumer Sciences, Valerie Conner-Regional Extension Agent for Human Health, Diet and Nutrition, Linda Lamberth-Alabama Respite Care Project Manager, Mary Edna Kinard of the American Red Cross, Dr. David Allgood-Optometrist and Eyecare Educator, Mitch Kemmer-Attorney at Law, Kelli Kimbrell-Aging Services Coordinator for the West Alabama Regional Commission, CV Home Health, and Jean Robertson, Mitzi Elliott, Barbara Terry, Sara White and Vicki Bennett from Bibb Medical Center.

The Alabama Cooperative Extension System believes this program, which is also being offered in all other Alabama counties, will ease the burden of caregiving by increasing caregivers' skills and providing valuable knowledge. Continuing Education Units (CEUs) are also available. 1.2 CEUs (12 contact hours) may be earned. If you want to learn more about how this program can help you and your loved ones, contact the Bibb County Extension Office at 205-926-3117 or 205-926-4310 for more information.