



# Hands on Skills for Family Caregivers

***FREE class offered by The Bureau of Aging & Disabilities in partnership with Carroll Community College.***



**Saturday, February 25 / 9 a.m. - 12:15 p.m.**

Carroll Community College/Washington Road Campus (Room N205) *Light breakfast provided.*

Learn basic skills to care for a loved one in the home, including:



- Caregiver essentials, including infection control and home safety
- Personal care, including skin and pressure ulcer prevention
- Tips for mealtime assistance
- Proper transfer techniques



*There is no cost for the class, but registration is required.*

Register online at [carrollcc.edu/CETRegistration](http://carrollcc.edu/CETRegistration) or call Continuing Education and Training at **410-386-8100**.

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.