



Caring for You, Caring for Me

licensed by the Rosalynn Carter Institute for Caregiving



A program for Caregivers

Presented by ElderLink

ElderLink is a cooperative partnership of Inova, the Fairfax Area Agency on Aging, and the Alzheimer's Association National Capital Chapter

Are you a Caregiver Looking for Support?

Caring for You, Caring for Me is a blend of interactive support and education for caregivers of older adults. Participants report increased feelings of confidence and competence in their caregiving role. This program meets for two hours weekly for 5 weeks, and focuses on a different module for Caregivers each session.

When: Mondays, February 25 – March 25, 1:00-3:00pm

Where: Insight Memory Care Center: 3953 Pender Drive Suite 100 Fairfax, VA. 22030

Cost: There is no fee for caregiver participation.

NOTE: Respite services may be available on a sliding fee scale for caregivers who would like to attend, but are unable to make arrangements for their loved one. 3 weeks advanced notice requested if respite services are being requested.

- To register or for further information or additional sessions available, please call:

Kristin Martin (703) 324-7577 or Lauren Elcesser at (703) 324-7210

Online registration: <http://tinyurl.com/cfymprogram>