

Family Caregiver Training

As a means of support to family caregivers, Senior Connections, The Capital Area Agency on Aging offer free Family Caregiver Training to those who give loving care to a family member at home.

Our course consists of nutrition, communication, Medicare and Medicaid, and the emotional and physical burnout of caregiving. Licensed physical and occupational therapists, a Geriatric Registered Nurse and Social Worker participate in each course. You will learn about many community resources.

For more information or to participate in our next training, please contact Marian Dolliver, Caregiver Support Manager at (804) 343-3056 or send an email to mdolliver@youraaa.org