

REGISTRATION FORM

Your \$10 registration includes: THREE workshops, handouts & lunch

(IMPORTANT: Please complete a separate registration form for each person attending!)

Name: _____

Street Address: _____

City, State & Zip: _____

Phone Number: _____

Cell: _____

E-Mail: _____

SELECT THREE SESSIONS:

Track Categories:

Track 1: How to Navigate Through Family Dynamics

Track 2: End of Life Planning

Track 3: Taking Care of You ~ Self Care for Family Caregivers

Track 4: Alzheimer's and Dementia

Track 5: Options: Living and Financial

Session 1

- ___ When Elder Care Causes Sibling Tensions (Track 1)
- ___ End Of Life Choices ~ Facts and Myths of Hospice Care (Track 2)
- ___ Care Giving Joy and Depression (Track 3)
- ___ Bathing without a Battle ~ Dealing with Difficult Behaviors (Track 4)
- ___ Relocation Options and What You Can Expect from Your Community (Track 5)

Session 2

- ___ When and How To Get Guardianship (Track 1)
- ___ How to Select the Right Funeral Home ~ Steps Involved in Funeral Planning (Track 2)
- ___ Maintaining Nutrition and Fitness (Track 3)
- ___ Am I Being Over-Medicated (Track 4)
- ___ Medicare, Medicaid (Track 5)

Session 3

- ___ How to Hold A Productive Family Meeting (Track 1)
- ___ Grief and Loss (Track 2)
- ___ Introduction to Powerful Tools for Caregivers (Track 3)
- ___ Therapeutic Fibbing: Controlling Frustration (Track 4)
- ___ Hiring In-Home Help (Track 5)

Call
970-495-3442
for more
information

TWO easy ways to Register:

- 1) **MAIL** registration form with payment
Checks payable to: **The Foundation on Aging**
Mail to: Elder Care Network, P. O. Box 272687 | Fort Collins, CO 80527-2687
- 2) **ONLINE**
Register online at **www.eldercarenet.org** through PayPal

ELDER CARE RESOURCE DAY 2012
Presented by the Elder Care Network