

TAKING CHARGE:

A PROGRAM TO EMPOWER FAMILY CAREGIVERS™



Who should attend? Anyone who...

- * Cares for a family member at home either full time or part time
- * Supports the care of a family member in a nursing, personal care or group home
- * Anticipates becoming a family caregiver in the near future

What can I expect? You will...

- * Join a group discussion on caregiving issues and learn about available resources
- * Learn how to develop a unique and personalized "Take Charge Action Plan"
- * Be pampered—we serve you lunch and aim to send you home *renewed*

WHERE: **The VNA Community Bereavement Center
160 Hindman Road, Butler, PA 16001**

WHEN: **11 am - 1:30 pm – 2nd MONDAY of each month**
Register to attend one session, several or all twelve.

2009

Sept 14 (register by Sept 7)

Oct 12 (register by Oct 5)

Nov 9 (register by Nov 2)

Dec 14 (register by Dec 7)

2010

Jan 11 (register by Jan 4)

Feb 8 (register by Feb 1)

Mar 8 (register by Mar 1)

Apr 12 (register by Apr 5)

May 10 (register by May 3)

June 14 (register by June 7)

July 12 (register by July 5)

Aug 9 (register by Aug 2)

Need help in order to attend? Care and Transportation may be available.

A limited number of scholarships are available on a first-come, first-served basis (some restrictions may apply).

Scholarship requests must be made at least 1 week prior to each session.

Adult Day Care Scholarships: Care, socialization and lunch (10:30 am - 2 pm)

provided at nearby *Lifesteps Adult Day Health Services*; may include round trip transportation.

Private Duty Care Scholarships: Care of your loved one in your home (10:30 am - 2 pm)

provided by the staff of *VNA Complete Care Services*.

To register for sessions and care scholarships, call Jolene at 724 431-3520

Taking Charge™, a partnership program of the Visiting Nurses Association and Lifesteps, is facilitated by experienced VNA Caregiver Support Counselors and made possible in part through a grant from the PNC Charitable Trust Foundation.



Trust your cares to us.

