



Pathlights



For more than 45 years, Pathlights has been helping guide adults 60 years of age and over, adults with disabilities, caregivers, families, and friends along the best path to aging. These programs will all be held in Meeting Room B.

Caregiver Series with Catherine Stowers, Program Manager

Part 1: Caring for Someone with Alzheimer's Disease or Related Disorders

**Thursday, Sept. 2
6pm**

This class helps caregivers learn more about how to manage common behaviors associated with the disease or dementia such as hoarding and rummaging, safe personal care, and depression.

Part 2: Legal and Financial Issues for Caregivers

**Thursday, Sept. 16
6pm**

Caregivers will learn about legal and financial issues affecting them and care recipients: advanced directives, maximizing employee benefits for the caregiver, budgeting, and Medicare & Medicaid benefits and limitations.

Part 3: Caring for the Caregiver

**Thursday, Sept. 30
6pm**

Family caregivers will be prepared to recognize the signs of caregiver stress, identify ways to make time for themselves, and discover how to access community resources for themselves and care recipients.