

If You're Caring for a Loved One, You're Not Alone.

Introducing Family Caregiving from the American Red Cross



If you're caring for a parent, spouse or friend at home, you know that ensuring a safe environment and providing even the most basic care can be overwhelming. Now you can learn new information to provide the best care possible with the Family Caregiving program from the American Red Cross.

Convenience, Flexibility and Content to Meet Your Needs.

Family Caregiving offers nine one-hour classes to help you provide the best care possible for your loved one and gain a better understanding of safety, nutrition, general care, legal and financial issues. Our modular program design lets you pick any session you want, whenever you want – you pay a nominal fee for only those you attend. You can even purchase participant booklets from your local Red Cross chapter and learn on your own. Either way, you'll enhance your skills, reduce your stress and build confidence.

**For more information, contact
the Greater Toledo Area
Chapter at 1.800.590.0098.**

Convenient. Flexible. Affordable.

Classes are only one-hour each!

- Home Safety
- General Caregiving Skills
- Assisting with Personal Care
- Positioning and Helping Your Loved One Move
- Healthy Eating
- Caring for the Caregiver
- Legal and Financial Issues
- Caring for a Loved One with Alzheimer's Disease or Dementia
- Caring for a Loved One with HIV/AIDS

Committed to Caring for More Than 90 Years.

Generations of Americans have relied on the Red Cross for training that helps keep families safe. And now, through the new Family Caregiving program, we're here for you and your loved ones with information-packed presentations that incorporate the latest research and care standards to help you provide the best care possible.



Together, we can save a life