



# TRAINING for the FAMILY CAREGIVER AT YOUR LOCATION

A FREE family caregiver training class designed to provide safe and effective tools and techniques to use when caring for a loved one.

**INCLUDES**  
Hands-on training  
with home care  
equipment

## FAMILY CAREGIVING 101 (THE BASICS)

- Monitoring and handling medications
- Incontinence care
- Hands-on home safety and proper body mechanics
- Alzheimer's disease/dementia awareness

*Taught by  
a registered  
nurse*

*To provide this FREE 2-hour class to your members  
free of charge, please call Jane at 314-962-2666  
for more information.*

— SINCE 1987 —  
**SHC**  
SENIORSHOMECARE.COM  
**Dignified Care** ♥  
*...with compassion*

Seniors Home Care is an established award winning organization founded by an RN, BSN in 1987 to develop a care structure that allows loved ones to live in the comfort of their home.