



The



Caregiver Academy

The Caregiver Academy is a free series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment. Each participant receives a free Managing Care Guide.

The Six Workshops:

Week 1: Finding Caregiver Resources

Week 2: Building Caregiver Resilience

Week 3: Setting Good Care Boundaries

Week 4: Involving Family and Others

Week 5: Managing Difficult Behaviors

Week 6: Understanding Care Options

Call Davis County Senior Services

801.525.5050, Option 5

to register for an
upcoming workshop.

Registration is required.

Space limited for in person classes.

Virtual meetings are offered.