

# RECOGNIZING THE SIGNS OF AGING

## WORKSHOP FOR FAMILY CAREGIVERS

**Are you concerned about your aging parent or relative?** Are you trying to determine if they need some extra help at home? Do you know how to access community resources?

### **This workshop will help you:**

- Recognize the signs of aging and need for care including:
  - Physical symptoms and emotional changes
  - Loss of attention signals
  - Environmental clues
- Ensure your loved one has the assistance he or she needs to live safely and comfortably.

*“My 84 year old mother has lived on her own since my dad died five years ago. Mom was always a cheerful person, but lately she seems tired and irritable. She’s losing weight and often says she isn’t hungry. I’m worried about her.”*

*“My siblings and I think that our aging parents need some help around the house. We’re all busy with our jobs and families and can’t visit as often as we would like. Where do we go for help?”*



**DATE:** November 21, 2010

**LOCATION:** First United  
Church of Christ

**TIME:** 11:30am

  
**SENIOR CARE**®

*To us, it's personal.*

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