

# Caregiver Care Program

**Caregiver Care is a free program designed to provide support and technical skills to individuals caring for a senior family member or friend at home without compensation. The program is open to residents of Natick as well as the surrounding towns in Metrowest.**

- Caregiver Care is a six session program, one day a month for six months, beginning on Thursday, May 14<sup>th</sup>, and will be held at the Kennedy Senior Center in Natick.
- Each session will include instruction in technical skills such as Safety in the Home, Infection Control, Nutrition, and Good Body Mechanics; as well as a group discussion facilitated by a licensed clinical social worker. A complimentary lunch will be served.
- **Free in-home respite care services** will be provided to your family member by Century Health Systems so that you, the caregiver, can attend the program knowing your loved one is being well taken care of.
- The in-home respite care services will be provided for three hours after the program so that the caregiver can take some time for him or herself.
- Caregivers interested in joining the Caregiver Care Program should call Teri Checket, Social Worker or Debbie Budd, Outreach Coordinator at the Natick Council on Aging at (508) 647-6540.
- This program is funded by the Metrowest Community Health Care Foundation Leonard Morse Grants Panel.