



Rogue Community College

NEWS RELEASE

Marketing and Community Relations

3345 Redwood Highway, H Bldg.

Grants Pass, OR 97527

www.roguecc.edu

Margaret Bradford, Director

Ph: (541) 956-7304

mbradford@roguecc.edu

Fax: (541) 471-354

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New class helps family caregivers cope

Starting next month, RCC will offer a new course for family caregivers aimed at reducing stress, and burnout.

Course title: "How to Care for Your Loved Ones and Survive"

Time: 6 to 8 p.m.

Dates: Wednesdays, February 11 through March 11

Location: Redwood Campus, Grants Pass

Instructor: Judi Hill

The course will cover:

- How to keep loved ones independent as long as possible
- Community resources
- Hands-on demonstrations and training
- Safety in the home
- How to recognize signs of decline
- Communication skills
- How to care for yourself while caring for others

"Medicaid is cutting funds, and with the economy in trouble, people do not have the resources they used to for elder care," said Hill, a nurse for more than 40 years, a hospice nurse for 14, and nursing educator for more than 12 years.

"Families are finding themselves in a position of caring for their loved ones for longer and longer periods of time with little or no training," she continued. "The stress level can be overwhelming at times. This class provides skills to help remove some of that stress and fear and avoid burnout."

For more information and to register, call 956-7303. Or call Hill at 660-2185.

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