



DIFFICULT CONVERSATIONS: A SERIES FOR CAREGIVERS

Join us at Fairfield Library at 1401 N. Laburnum Ave on Tuesday March 4th, March 11th, and March 18th as we tackle challenging topics for caregivers supporting older adults in Henrico. We will end the series with a Senior & Caregiver Expo on Tuesday, March 25th at Eastern Henrico Recreation Center to learn about resources to assist older adults in our community.

TUESDAY, MARCH 4TH 6PM-7PM

Dementia 101

A representative from the Alzheimer’s Association will share information about the stages of dementia, resources for caregivers and take questions from community members.

TUESDAY, MARCH 11TH 6PM-7PM

Supporting Your Loved One as Their Abilities Change

Lisa Isbell with Senior Care Authority of Central Virginia will share resources for individuals with varying levels of need and tips for recognizing changes in need and having difficult conversations about care.

TUESDAY, MARCH 18TH 6PM-7PM

End of Life

A Representative from Crater Community Hospice will help caregivers understand the difference between hospice and palliative care, and provide techniques for conversing about end of life with loved ones.

Contact the Advocate for the Aging for more information 804-501-5065 agingadvocate@henrico.gov



10AM-1PM
TUESDAY
25
MARCH

**SENIOR & CAREGIVER
RESOURCE EXPO**
EASTERN HENRICO
RECREATION CENTER
1440 N. LABURNUM AVE