Caring for an Aging Family Member
Addressing the fears of Alzheimer’s disease and other issues associated with aging.

Walnut Creek Group
2nd Thursday of every month
6:00PM – 7:30PM
Eldercare Services, Walnut Creek
No fee and no registration necessary*

Are your concerns with aging interfering with your work, your health or your relationships?

Are any of these feelings/behaviors familiar?
Exhaustion • Anxiety • Loss of Patience • Grief • Guilt • Anger • Depression • Illness •
Not Sleeping • Weight Loss • Body Injury • Sadness • Resentment
If so, you may need to join a support group.

Groups are led by Eldercare Services Certified Professional Care Managers

Support Group Benefits:
• Get helpful tips on how to reduce the burden of caregiving.
• Learn new ways of caring for yourself.
• Feel empowered to take care of yourself so you can continue to lovingly care for your family member.

*To find out more and learn about our educational classes, call 866.760.1808 or email Info@EldercareAnswers.com

Providing Bay Area families with Care Management, Home Care Services, Advocacy, Counseling, Support Groups, and Education since 1989.

www.EldercareAnswers.com
Main Office: 1808 Tice Valley Blvd | Walnut Creek, CA | 866.760.1808

Accredited by The Joint Commission