

# Caregiver

## LUNCH & LEARN

**PENINSULA AGENCY ON AGING**

**FRIDAYS**

**11:30am - 1:00pm**

**March 3**

**April 7**

**May 5**

We've moved  
😊

**Thomas Nelson Community College  
Workforce Development**

**600 Butler Farm Road, Hampton, VA  
Conference Room #1301-1303**



Providing tools, resources and information for those who are caring for their loved one at home.

**Series is free and includes lunch. Registration required. For more information and/or to register, (757) 246-1918**

**[www.paainc.org](http://www.paainc.org)**

**March 3rd – Virtual Dementia, Understanding Their World:** While it is difficult for anyone to know how it really feels to walk in the shoes of a person with Alzheimer’s disease or a related dementia, the Virtual Dementia Tour gets you very close to that reality.

**April 7th - Keeping Your Loved One Safe:** One of the most common caregiver questions is how to keep your loved one safe at home and in the community. Learn strategies for protecting loved ones and yourself and measures that have been put in place for such safety.

**May 5th- Keys or No Keys is the Question:** It’s important for caregivers to be aware and notice changes in driving behaviors of their loved ones. What can you do if driving has become a problem? Conversations are “key” with this topic.

Series is offered with support from our community partners:

