Coast Lines

APTOS

Training Series for Caregivers to start

Cabrillo College Extension will offer a series of classes for family caregivers and professional caregivers on Saturdays in September through November.

Topics include home safety and fall prevention, nutrition and health, dementia care, safe transfers, managing hygiene and advance care planning. Each class will include instruction, discussion and practical application of essential caregiving skills.

Cost is $30-$55 for one class, or $320 for the series. You can take the whole series or individual classes. Classes will be taught by professionals in the field. For information or to register, call 831-479-6331 or visit http://www.cabrillo.edu/services/extension/healthcare.html#caregiver.