

# Do you act as the primary caregiver for an older adult every day?

Have you been frustrated with finding the information and supports you need?



**FREE  
8 WEEK  
COURSE**

Enhance your knowledge and skills through  
**Caregiving Essentials,**  
a free online course.

You will access information over the internet at your own pace, as well as meet others through an online discussion board.

#### TOPICS WILL INCLUDE:

- Becoming a caregiver, including legal and financial information
- How to navigate the health care system and get the supports you need
- How to take care of yourself so you can care for someone else
- Health and medical information

**For more information or to register,** please contact [crgvr@mcmaster.ca](mailto:crgvr@mcmaster.ca)

**STARTING  
FEBRUARY  
2019**

Funded by:



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Integration. Inspiration. Independence.