

*Free interactive workshop for family caregivers*

# **Techniques for Safely Assisting a Loved One with Bathing, Dressing, and Other Personal Care**

Thursday March 3, 2016

6:00-8:00 pm

Center for Health Sciences at Ithaca College,  
Room 203

After a discharge from the hospital or when a loved one gradually loses ability to do activities of daily living without assistance, family members may be called up to help. Training is often needed to offer assistance safely and efficiently.



A small group of Ithaca College occupational therapy students will be hosting this 2 hour training session:

## **Topics covered- Activities of Daily Living (ADL's) including:**

- \* Transfers
- \* Dressing
- \* Bathing
- \* Fall prevention

Come to brush up on techniques, learn safety tips, watch demonstrations from students on safe transfers, and get hands on experience with adaptive equipment.

This workshop is sponsored by the Tompkins County Office for the Aging in cooperation with Ithaca College Department of Occupational Therapy.

**Registration is required and space is limited.**

**To register** or for more information:

Call David Stoyell at the Office for the Aging, 607- 274- 5492

or email: [dstoyell@tompkins-co.org](mailto:dstoyell@tompkins-co.org)

**Parking** is available nearby the Center for Health Sciences. Those who register will be given directions for parking and finding Room 203.#