

# Caregiver Camp

## Resources for Remaining Home

**“But I don’t want to go!”** This is a heart-wrenching plea to hear from a parent or loved one. Fortunately, because of the burgeoning aging population, systems are now in place and resources are available which allow individuals to remain **safely** in their own home far longer than ever possible before. In this workshop we will review the various resources available and learn how to access them.

Resources will include:

- Transportation options
- Comprehensive health care programs
- Food/meal options
- Medication monitoring tools
- Personal care/housekeeping/companions
- Home safety tips
- Adaptive devices for the home
- Participants can also submit specific questions prior to the workshop so they will be addressed during the session