

## 第3回 高齢者介護のワークショップ (無料)

認知症・アルツハイマー等、高齢者の介護をしている方々を対象にした 日本語でのワークショップ (無料講習会) 第3回目を開催いたします。日系アメリカ人シニアコミュニティーサービス (友愛会) のカウンセラーが日常の介護の方法をていねいに解説し、さまざまな情報を提供します。また、介護の悩みや不安などを他の介護者の方々と相談及び情報交換しあうこともできます。はじめての方でもお気軽にご参加ください。

期間: 4月23日 (水) ~ 毎週水曜日-8週間 (8回)

場所: 友愛会 3F 588 N. 4<sup>th</sup> Street, San Jose

詳しいお問合せ及びご予約は: (408) 294-2505

友愛会 羽石まで [yhaneishi@yuaikai.org](mailto:yhaneishi@yuaikai.org) <http://www.yuaikai.org>

### ***Third Caregiver Support Workshop in Japanese***

The third part of a free series of workshops in Japanese for caregivers of patients with Alzheimer's, dementia, and other aging-related diseases begins in April.

As a continuation of the series of sessions that took place last fall, this support group will also be facilitated by the case manager of Yu-Ai Kai. Caregivers will learn different aspects of age-related diseases and how to use various practical techniques in dealing with caregiving issues and stress related to caregiving. This support group will be conducted in Japanese. Newcomers are very welcome, and attendance at the first two parts of the series is not required.

Please join us and let us help you with your concerns for your loved one. Registration is required.

Date: 8-week session begins April 23, 2008 (group meets every Wednesday)

Place: Yu-Ai Kai 3F, 588 N. 4<sup>th</sup> Street, San Jose

Questions and Registration: Yuko Haneishi, (408) 294-2505 or [yhaneishi@yuaikai.org](mailto:yhaneishi@yuaikai.org)

