

FREE! Increasing Your Capacity for Excellent Care Series

Essential insights & skills to help you on your care-giving journey. Learn from experts how to treat your loved ones with dignity and respect as they age.

Offered by The Bureau of Aging & Disabilities in partnership with Carroll Community College.



Take one or take them all. Continental breakfast provided.
All classes held at Carroll Community College.
No cost but registration is required. Use QR codes to register.



Hands on Skills for the Caregiver

Get hands-on expertise to ensure the well-being and safety of your care recipients. Topics include personal care assistance, medication management, mobility aid and recognizing emergencies.
Saturday, Feb. 1 / 9 a.m. - 12 p.m.



Preparing for the Big Decisions

Our experts will guide you in developing a plan for the legal and financial responsibilities that come with caregiving. Topics include advanced directives, power of attorney, acquiring documentation, liquidating assets and debt identification.
Saturday, April 26 / 9 a.m. - 12 p.m.



Caring for Yourself While Caring for Others

It's easy to neglect your own needs when caring for loved ones. This course emphasizes the importance of self-care to avoid "compassion fatigue" and maintain your health. Learn about the aging brain, understand the needs of your care recipients, and discover strategies to balance caregiving with self-care.
Saturday, July 12 / 9 a.m. - 12 p.m.



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.