

mmLearn.org



Most of us will care for an older family member and be cared for by a family member as older adults. Only 10 to 20% of older adults will ever enter a nursing home, and yet little or no training is provided for family caregivers. Will you know what to do? Will your family know what to do? Do you need to know now?

mmLearn.org provides about 80 free videos to help families and other care providers gain the knowledge and skills needed to care for a loved one. An online discussion group is also available. Videos include:

- How to Change the Bed With Someone in It
- How to Transfer Someone from a Car to a Wheelchair
- Home Safety and Dementia
- Family Dynamics
- How to Avoid Being a Victim of Elder Abuse
- My Spirit Hears You: Spirituality & Dementia
- Nutrition and Older Adults

For More Information:
info@mmLearn.org

San Antonio: Elizabeth McGown Training Institute * (210) 734-1211

Uvalde: Georgie Briscoe Resource Center * (830) 591-2574