



# nextshift

supporting those who care most

**Caring is  
the easy  
part...  
There's  
help for  
the rest.**

If you are trying to balance life and care for an older adult with even one of the following, you are considered a caregiver:

- Managing finances
- Providing or coordinating transportation
- Housekeeping, cooking, or grocery shopping
- Coordinating medical care
- Making important life decisions about housing, medical care, financial or legal matters

Next Shift, a free and confidential program, can help make life easier.

Learn more at this **FREE WORKSHOP**

## Caregiving 101 - What Don't I Know About Caregiving and What Resources Are Available?

Did you know there are many different types of family caregivers? With that, there are multiple ways someone can be classified as a "caregiver." This presentation discusses the types of tasks caregivers perform, provides information on challenges caregivers face, and describes how Next Shift can help address the needs of each type of caregiver.

**Wednesday, August 29, 2018 | 4PM - 5PM**

Location:

Detroit Public Library - Wilder Branch  
7140 E. 7 Mile Rd., Detroit, MI 48234

**REGISTRATION REQUIRED. SEE RSVP BY CALLING 313.481.1872**

For more information, go to [www.nextshiftdetroit.com](http://www.nextshiftdetroit.com)

supporting partners and organizations:

