



Are you Supporting a Senior who is Aging at Home?

Many informal caregivers (family and friends) feel anxious and unprepared to care for a senior who is aging at home.

Let us support you and help you to successfully navigate services to help your loved one to age in place!

12-hour workshops (delivered over three, four-to-six-hour sessions) are being offered from November 2023 to February 2024, teaching you practical skills for accessing, navigating, and organizing care and services for your loved ones. As part of a research study, you may be eligible to participate in a workshop that will be held in your local community center.

Workshops are organized by Licensed Practical Nurses from the New Brunswick Community College, to help you learn what you need in a safe, supported, and comfortable group atmosphere. Senior Day Centres available.

WORKSHOP REGISTRATION IS AT NO COST TO YOU!

For more information, please contact.

Sonya Ducey sonya.ducey@nbcc.ca or cell phone (506) 262-5807

Jacquelyn Perry jacquelyn.perry@nbcc.ca or cell phone (506) 435-1348

Community Deliveries in these areas:

Norton Municipal Building, Norton, NB

November 17, 23, 24

Loch Lomond Villa, Saint John, NB

January 19, 24, 26

Royal Canadian Legion #87, Jones Creek, NB

February 2, 7, 9, 2024

Workshop times are: 10-4pm, 2-8pm, 10-2 pm

Virtual attendance may be available for those unable to attend in person.

To attend virtually, you must be able to join via Microsoft Teams either by computer, tablet, or cell phone.

This project is funded by the Healthy Seniors Pilot Project and has been approved by the REB (Research Ethics Board)

