



CONNECT with SENIOR CARE RESOURCES

Caring for others means caring for you

The Family Learning Center can help you understand the many challenges that go along with providing care – not just for your loved one, but for you, too. You'll learn to manage and prevent challenging behaviors. And you'll learn to identify the signs of caregiver stress and burnout.

Family Learning Center[®]

Caring for a spouse, parent or loved one takes time, effort and work. At times, you may not have the answers, know what to expect, or even how to react. Now, with the Family Learning Center, you have a resource available to make it easier to care for your loved one... and yourself.

Resources available anytime, anywhere

Help is as easy as connecting to the Internet and logging in. The Family Learning Center resources are engaging and interactive, taking you step-by-step through essential caregiving topics. And most importantly, the information is available when you need it, 24 hours a day, 7 days a week.



Get the answers you need, just when you need them:

- 1 Go to: flc.ipced.com/visitingangelsbangorme
- 2 Enter name and email
- 3 address You're registered!



Get started with the Family Learning Center today:
<http://flc.ipced.com/VisitingAngelsBangorME>

Brought to you by the caring professionals at Visiting Angels of Bangor, ME