



Caregiving Essentials

Knowledge to enhance your caregiving journey.

Caregiving Essentials is a free eight-week online course for family or informal caregivers of older adults.

Topics will include:

- Becoming a caregiver, including legal and financial information
- How to navigate the health care system and get the supports you need
- How to take care of yourself so you can care for someone else
- Health and medical information

Funded by:



For more information or to register, please visit:
mcmastercce.ca/caregiving-essentials



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