



Caring for the Caregiver Program

Caregiver Training Workshop

Date	Saturday, July 15, 2023
Time	10:00 am to 12:15 pm
Location	Lotus Adult Day Care at Aiea Hongwanji Mission 99-186 Puakala St., Aiea, HI 96701

Timeline	9:30 am	Registration
	10:00 am	Fall Risk Detection for Caregivers and Older Adults with Joni Kamiya, Occupational Therapist
	11:00 am	Break
	11:15 am	Body Mechanics and Caregiver Injury Prevention with Mary Grace Gayatinea-Ollivier, Physical Therapist

Free workshop for caregivers who meet the following criteria:

- Caregiver provides unpaid care to an individual at least 60 years old.
 - Individual receiving care lives in the community and not in a nursing home or care home.
-

Seating is limited. Registration is required by Friday, June 30. Please call or e-mail if you are interested on attending or need more information about the workshop:

Maria Morales
Program Coordinator
(808) 945-3736
cgs@projectdana.org