

# Free evening courses CARING FOR AN OLDER ADULT

*Offered by Princeton Care Center*

4 Different Sessions: February 4, February 18, March 3, and March 17, 2016, 7-8pm

*Join Dr. David Barile, a physician who has dedicated his career to caring for the elderly, in four free night school offerings. Learn about decision-making for others and health care topics listed below. Q&A sessions will be held at the end of each evening's session.*

## *Learn how to:*

- Improve medical decision-making for the older adult in your life
- Recognize different types of dementia
- Estimate prognosis
- Manage medications
- Find resources to help with caregiving, at the right level of care for your loved one

*Participants may attend one or all of the sessions*



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## *Course Schedule:*

### **First 15min:**

- Barriers to good medical decision-making
- Using a four-step model to improve decisions
- Understanding NJ POLST form

### **Second 30min:**

*Session one, 2/4/16:*

- Understanding dementia syndromes

*Session two, 2/18/16:*

- Estimating prognosis

*Session three, 3/3/16*

- Polypharmacy, when to stop

*Session four, 3/17/16:*

- Caretaker stress and resources

### **Final 15min:**

Open discussion, questions and answers



## **Dr. David Barile**

*Triple Board Certified in Internal, Geriatric and Palliative Medicine, in partnership with Princeton Care Center, is proud to offer this free evening course to our caretakers in the community.*

**To register, please call  
Princeton Care Center  
609-924-9000**