

Caregiving Essentials

Knowledge to enhance your caregiving journey

Caregiving Essentials is a free self-paced online course for family or informal caregivers of older adults. The course includes the option to earn a microcredential through McMaster Continuing Education

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

For more information or to register, please visit:
continuing.mcmaster.ca/caregiving

The course runs from:

Tuesday, October 10, 2023 to Friday, August 2, 2024

(The last date to register before the end of course is Friday, July 19, 2024)

