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# Caring for the Caregiver

Three Part Virtual Series for Caregivers  
by Clinical Psychologist Dr. Rachelle Mand

Families of an aging loved one often reach a point where they know their loved one needs a lifestyle change. Glaring signs of decline, such as frequent falls or social withdrawal, beg for attention. Memory loss or other dementias can be cause for even greater alarm. Unfortunately, guilt, grief, confusion or overwhelm can get many families stuck looking for help before they ever get started. Join us for advice, information and reassurance from Clinical Psychologist, Dr. Rachelle Mand. Dr. Mand has been in her clinical practice in the South Bay since 1980. She earned her Doctorate in Clinical Psychology from California Graduate Institute and is a Licensed Marriage and Family Therapist.

In this three part series, Dr. Mand will discuss concerns related to logistics and coordination between siblings that may arise as well as the psychological concerns that come with being a caregiver. Part I will discuss time management, knowledge of your senior's condition, daily duties, and coordination of care. Part II will cover sibling division and coordination of labor, financial and personal issues, and handling of long distance care. Part III will discuss the psychological concerns a caregiver can take on while caring for their elder, including related stress, grief and loss, self care, personal triggers, available support groups, burn out, and change in attitude.



**RSVP at [TheKensingtonRedondoBeach.com/Events](http://TheKensingtonRedondoBeach.com/Events)**

**Part I**  
**Logistical Opportunities**  
Thursday, May 14<sup>th</sup>  
6 - 7 pm  
Virtual Zoom Meeting

**Part II**  
**Sibling Concerns**  
Thursday, June 4<sup>th</sup>  
6 - 7 pm  
Virtual Zoom Meeting

**Part III**  
**Psychological Concerns**  
Thursday, July 9<sup>th</sup>  
6 - 7 pm  
Virtual Zoom Meeting



**THE KENSINGTON**  
*An Assisted Living Community*

REDONDO BEACH

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