



**CAREGIVER TLC - THRIVE, LEARN, CONNECT**  
**SUPPORTING FAMILY CAREGIVERS**



**Do you provide a broad range of assistance for an adult relative, partner, friend or neighbor with a chronic or disabling condition?**

**What is Caregiver TLC?**



The Caregiver TLC Research Program offers **FREE ONLINE** support to adults providing care to older persons with memory loss, dementia, or chronic illness. Caregivers will complete six weekly virtual Zoom sessions led by trained facilitators. It will teach coping skills to deal with stress, depression and burden, and strategies to improve quality of life. Visit [CaregiverTLC.org](http://CaregiverTLC.org)

**Is Caregiver TLC For Me?**



- Do you consistently **provide care** (at least 4 hours a week) to a person with a chronic illness, dementia or memory loss?
- Do you help your family member to:
  - Remember appointments?
  - Get bathed or dressed?
  - Take their medications on time?
- Could you attend six weekly 2-hour Zoom\* sessions?
- Would you like to connect with other caregivers near you?
- Do you have a personal email address?

*\* Technical support available to assist with Zoom access and usage*

**How Do I Learn More and Register?**



- **To Register:** Visit the Caregiver TLC Website at [fcrc.uncc.edu](http://fcrc.uncc.edu)
- **To Ask Questions:** contact us at [jmontoro@uncc.edu](mailto:jmontoro@uncc.edu) or call us at 704 687-6166