

# LUNCH & LEARN FOR CAREGIVERS

WEDNESDAY  
APRIL 19TH 2023  
12-1PM

## Maintaining Independence

## Using Devices for Activities of Daily Living - ADL

PRESENTED BY: ILLINOIS ASSISTIVE TECHNOLOGY PROGRAM

# IATP

ILLINOIS ASSISTIVE TECHNOLOGY PROGRAM

**PARTICIPANTS WILL LEARN ABOUT ACTIVITIES OF DAILY LIVING (ADL) DEVICES THAT CAN HELP MAINTAIN INDEPENDENCE.**

Basic ADLs include eating, dressing, bathing, and getting in or out of a chair or bed. IATP will also demonstrate some of the newer assistive technology devices that are available.

Lunch & Learn Programs are FREE, monthly, one hour sessions offered to current, future, and past caregivers. These programs are presented in person by professionals on the 3rd Wednesday of each month. Lunch will be provided, registration is required.

**REGISTRATION IS  
REQUIRED BY APRIL 17TH**

**To Register:  
Call Jennifer  
(217) 787-9234**

