

Tools for Caregivers 2017: A Community Education Series

<p>January 19, 2017</p> <p>Accessing Aging Resources</p> <p>This workshop helps participants learn where to look for help with care. Identify the various types of services available to older adults living in the community. Discusses a range of housing options.</p> <p>Patty Callahan, Caregiver Advocate Central Ohio Area Agency on Aging</p>	<p>February 16, 2017</p> <p>Planning Ahead: What You Need to Know</p> <p>This workshop is designed to provide information on long-term care, financial realities, legal tools and planning for after death.</p> <p>Patty Callahan, Caregiver Advocate Central Ohio Area Agency on Aging</p>	<p>March 16, 2017</p> <p>Navigating the Healthcare Maze</p> <p>This workshop is designed to help participants learn about their healthcare rights and obtain tips for getting high quality care.</p> <p>Paula Taliaferro, Community Outreach Specialist Central Ohio Area Agency on Aging</p>
<p>April 20, 2017</p> <p>Family Dynamics and Caregiving</p> <p>This workshop is designed to identify the ways in which roles & responsibilities of spouses, adult children & siblings evolve throughout the caregiving process.</p> <p>Lynn Dobb, Education Manager Central Ohio Area Agency on Aging</p>	<p>May 18, 2017</p> <p>Caring for Someone At Home</p> <p>This workshop is designed to help develop tips and techniques for providing in-home care.</p> <p>Paula Taliaferro, Community Outreach Specialist Central Ohio Area Agency on Aging</p>	<p>June 15, 2017</p> <p>Preventing Burnout</p> <p>This workshop is designed to help participants identify signs of caregiver stress and burnout; common emotions and coping strategies will also be discussed.</p> <p>Patty Callahan, Caregiver Advocate Central Ohio Area Agency on Aging</p>
<p>July 20, 2017</p> <p>Caring for a Difficult Family Member</p> <p>This workshop will provide an opportunity to discuss circumstances which can provoke "difficult" behaviors and learn techniques for coping with them.</p> <p>Lynn Dobb, Education Manager Central Ohio Area Agency on Aging</p>	<p>August 17, 2017</p> <p>Caring for Someone in a Care Facility</p> <p>This workshop is for families transitioning a loved one from the community into a nursing home setting. Discussion topics will include: choosing a care facility, strategies for managing care, and a review of residents' rights.</p> <p>Paula Taliaferro, Community Outreach Specialist Central Ohio Area Agency on Aging</p>	<p>September 21, 2017</p> <p>Medicare For Beginners</p> <p>This workshop is designed to help participants get down-to-earth, unbiased information to help them make informed decisions.</p> <p>Andy Haggard, Medicare Specialist Central Ohio Area Agency on Aging</p>

To Register: Call 614-788-6115 or email DempseyCenter@ohiohealth.com

No Cost, Intended for those providing care to a family member or friend

Meeting Location: The Dempsey Family Education & Resource Center at Riverside Methodist Hospital: 3535 Olentangy River Rd, Columbus OH 43214.

Parking: You may valet park your vehicle at the red or blue entrance or self-park in the red garage. A parking voucher will be provided.

Time: 2:00-3:30 pm.

**Community
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