

# First Thursdays 2016-2017

## Tools for Caregivers: A Community Education Series

| October 6, 2016  | November 3, 2016  | December 1, 2016   |
|--|---|--|
| <p><b>Accessing Aging Resources</b></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. Discuss a range of housing options.</p> <p>Patty Callahan<br/>Caregiver Advocate<br/>Central Ohio Area Agency on Aging</p> | <p><b>Planning Ahead:<br/>What You Need to Know</b></p> <p>This workshop is designed to provide information on long-term care, financial realities, legal tools and planning for after death.</p> <p>Paula Taliaferro<br/>Community Outreach Specialist<br/>Central Ohio Area Agency on Aging</p> | <p><b>Navigating the Healthcare Maze</b></p> <p>This workshop is designed to help participants learn about their healthcare rights and obtain tips for getting high quality care.</p> <p>Patty Callahan<br/>Caregiver Advocate<br/>Central Ohio Area Agency on Aging</p> |
| February 2, 2017   | March 2, 2017   | April 6, 2017  |
| <p><b>Caring for Someone At Home</b></p> <p>This workshop is designed to help develop tips and techniques for providing in-home care.</p> <p>Paula Taliaferro<br/>Community Outreach Specialist<br/>Central Ohio Area Agency on Aging</p>  | <p><b>Caring for a Difficult Family Member</b></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>Patty Callahan<br/>Caregiver Advocate<br/>Central Ohio Area Agency on Aging</p> | <p><b>Medicare for Beginners</b></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<br/>Medicare Specialist<br/>Central Ohio Area Agency on Aging</p>               |

**To Register** call or email [cshkolnik@jpscolumbus.org](mailto:cshkolnik@jpscolumbus.org) or 614-559-0108.

Each caregiver workshop is **free of charge** and will be at the same time and location each month

**Time:** 5:45-7:00pm

**Location:** Jewish Family Services  
1070 College Avenue, Columbus, OH 43209

**Community  
Education  
Series  
Sponsored By**



**The Jewish Community Center  
of Greater Columbus**

**JEWISH FAMILY SERVICES**