

First Thursdays 2018, 6:00-7:30pm

Tools for Caregivers: A Community Education Series

January 4, 2018	February 1, 2018	March 1, 2018
<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. Discuss a range of housing options.</p> <p>Patty Callahan Caregiver Advocate Central Ohio Area Agency on Aging</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>Paula Taliaferro Community Outreach Specialist Central Ohio Area Agency on Aging</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>
April 12, 2018(2 nd Thurs)	May 3, 2018	June 7, 2018
<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>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>Patty Callahan Caregiver Advocate Central Ohio Area Agency on Aging</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>

To Register email cshkolnik@jpscolumbus.org or call 614-559-0108.

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

Time: 6:00-7:15pm

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