

FOR CAREGIVERS

The Successful Caregiver

Targeted to family caregivers, this program is focused on safety, physical signs of decline, daily living activities and emotional health. The series helps fill the knowledge gap for caregivers who often ask, "How was I supposed to know that?" Two registered nurses facilitate the program, and cover situations related to transport, nutrition, common physical ailments, medical equipment and more. The Successful Caregiver is offered monthly on Mondays from 3:30 to 5 pm.

Caregiver 9-1-1

A series of classes exclusively for family caregivers designed to recognize situations and assist loved ones in a timely manner. For example:

- When do you call 9-1-1?
- What are the steps to take when you see certain symptoms?
- When is it recommended to take a loved one to the ER?

Caregiver 9-1-1 instructor is an experienced critical care paramedic, speaker and educator.

Caregiver Stress-Buster Forum

Practice stress-reduction and problem-solving techniques to be a successful caregiver; help reduce anger, hostility and anxiety; and improve quality of life. Guest speakers are periodically featured. Respite activity is provided during the meetings for Club members (for a fee). Caregiver Stress-Buster Forum is offered 2nd and 4th Wednesday of every month, 1:30 - 3 pm.

Dealing with Dementia Workshop

This workshop educates family caregivers and paid caregivers, and equips them with tools to provide care to people with dementia. Topics include general information about dementia and

problem-solving methods for dementia-related behaviors. Stress management and self-care are also discussed. The workshop is facilitated by a Certified Dementia Practitioner and

University of South Florida-certified Alzheimer's Disease and Related Disorders Trainer.

Grieving with Hope Support Group

Losing a family member or close friend is one of the most traumatic life events we can

experience. In this support group, participants share stories and discover tools for the grieving process when the caregiving journey ends. Qualified facilitators and guest speakers. Grieving

with Hope is offered the 2nd and 4th Monday of every month, 5:30 - 7 pm.

For questions and registration, contact NCCOA at 560-827-6367;