



# Family Caregiver University



helping caregivers one class at a time

Caregiving can be both rewarding and challenging.

Many times individuals are thrown into this role with no training and, often, no support.

Family Caregiver University provides practical education and support to caregivers in West Michigan, one class at a time.

Sign up for one or more classes listed below!

All classes are taught by community experts and are open to individuals providing care to their family members



## Winter Semester ❄️

Friday, January 29, 2016  
Safe Driving: Are Mom & Dad Safe to Drive?  
How to Know and What To Do

Friday, February 26, 2016  
Depression vs. Winter Blues: Understanding and Treating Depression for Seniors and Caregivers

Friday, March 18, 2016  
Options to Prevent Isolation: Accessing Social Options for Seniors

## Spring Semester 🌸

Thursday, April 28, 2016  
Community Resources A to Z (Part 1):  
In-Home Options to Maintain Independence

Thursday, May 26, 2016  
Community Resources A to Z (Part 2): Transitioning to Long Term Care or Other Facility Placement

Thursday, June 23, 2016  
Elder Law 101: Advanced Directives, Wills and More

## CLASS DETAILS:

\$5 suggested fee per class (payable at the door)

### ALL CLASSES HELD:

1:00 p.m. to 3:00 p.m.  
at

Area Agency on Aging of Western Michigan

3215 Eaglecrest Drive NE,  
Grand Rapids, MI 49525

### QUESTIONS AND MORE INFORMATION ABOUT SPECIFIC CLASSES:

616-222-7032

[www.familycaregiveruniversity.org](http://www.familycaregiveruniversity.org)

### REGISTRATION REQUIRED:

Call 616-222-7032  
or

Email: [Registration@aaawm.org](mailto:Registration@aaawm.org)

(registration not complete until confirmation message received)

## Summer Semester ☀️

Wednesday, July 20, 2016  
Caregiving Basics: Bathing and Personal Care

Wednesday, August 17, 2016  
Stay Safe! Fall Prevention and Home Safety for Seniors and Caregivers

Wednesday, September 21, 2016  
Dementia: How to Understand It and Handle It Better

## Fall Semester 🍁

Wednesday, October 19, 2016  
First Aid 101: for the Non-Medically Minded

Wednesday, November 16, 2016  
Elder Abuse Isn't Just Physical: How to Protect from Financial and Emotional Abuse

Wednesday, December 7, 2016\*  
Finding Calm as a Caregiver

*\*Class will meet from 1:30 p.m. to 3:30 p.m.\**

## SPONSORS



Family Caregiver University is a program of the Caregiver Resource Network, a collaboration of over 150 organizations dedicated to caregiver issues.