



Thursday, July 25, 2019: Grandparents Raising Grandchildren: Support and Information Available

Studies show that grandparents raising grandchildren who seek out support, cope better with the added stress of kinship care. Come and learn about available resources and tips to help you raising a young person.

Thursday, August 8, 2019: Empathy: What is it? Can it be learned?

Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position. Come learn how having empathy for others increases our understanding and helps us provide better support to the ones we love.

Thursday, September 26, 2019: Community Resources A to Z: Part 1

Learn about a variety of options for care in a home-based setting, such as Kent County Senior Millage, Care Management Services, Medicare, Medicaid (including MI choice Waiver), PACE, private duty home care, Adult Day Care, respite services and much more.



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.

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

REGISTRATION REQUIRED:

Call 616-222-7032

Email: Registration@aaawm.org

(registration not complete until confirmation message received)

SPONSORS





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2019 Class Schedule

Winter Semester



- Thursday, January 24, 2019: "It's About the Conversation": Advance Care Planning
Thursday, February 28, 2019: Dementia: What One Needs to Know to Care for the One They Love
Thursday, March 7, 2019: Therapeutic Services for Older Adults

Summer Semester



- Thursday, July 25, 2019: Grandparents Raising Grandchildren: Support and Information Available
Thursday, August 8, 2019: Empathy: What is it? Can it be learned?
Thursday, September 26, 2019: Community Resources A to Z: Part 1

Spring Semester



- Thursday, April 25, 2019: The Physical & Emotional Changes We Experience as We Age
Tuesday, May 7, 2019: Making It Easier: Technology for Seniors & Caregivers
Tuesday, June 4, 2019: Elder Law 101: Planning for Our Future & Protecting Our Interests

Fall Semester



- Wednesday, October 30, 2019: Community Resources A to Z: Part 2
Wednesday, November 6, 2019: Holiday Gifts for Caregivers (Joys of Caregiving)
Tuesday, December 3, 2019: Have I Got A Story to Tell You: The Power of Life Review