



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 ❄️

Wednesday, January 18, 2017
New Year – New You!

Thursday, February 23, 2017
Safe Driving: Is Mom & Dad Safe to Drive? How to Know and What to do

Thursday, March 23, 2017
Plan.Prepare.Simplify

Spring Semester 🌸

Thursday, April 27, 2017
Elder Law: 101

Thursday, May 25, 2017
Community Resources A to Z (part 1)

Wednesday, June 7, 2017
Community Resources A to Z (part 2)

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
or

Email: Registration@aaawm.org

(registration not complete until confirmation message received)

Summer Semester ☀️

Thursday, July 27, 2017
Substance Abuse Among Older Adults: An Invisible Epidemic

Tuesday, August 22, 2017
Making it Easier!: Using Technology to Enhance Your Life

Thursday, September 28, 2017
Dementia: What One Needs to Know to Better Care for the Loved One

Fall Semester 🍁

Friday, October 27, 2017
Understanding and Treating Depression for Seniors and Caregivers

Tuesday, November 14, 2017
Taking Care to Give Care

Thursday, December 14, 2017
Finding Calm as a Caregiver

SPONSORS



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



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Summer Semester ❄️

Thursday, July 27, 2017

Substance Abuse Among Older Adults: An Invisible Epidemic



Older adults may believe that they are immune to developing a drug or alcohol problem later in life. Instead, current data shows the number of seniors with drug problems is on the rise. The causes are complex and the solutions aren't easy. We need to educate ourselves about the scale and nature of senior drug abuse and misuse, signs of dependence and addiction in older loved ones, and how to get help for a loved one with a drug problem. We will be hosting a local expert who will look closely with us at the misuse of drugs and alcohol among Seniors.

Tuesday, August 22, 2017

Making it Easier!: Using Technology to Enhance Your Life



Using technology can be overwhelming for many older adults, but it can also help seniors live more independent lives, and help caregivers manage the daily tasks of caring for a loved one. In this class we will go over the best ways to integrate new technology into the lives of older adults, some of the assistive technologies built into many devices, review apps that can help caregivers manage their lives, as well as give a preview of an upcoming course designed specifically to help seniors use mobile devices like a smartphone or tablet.

Thursday, September 28, 2017

Dementia: What One Needs to Know to Better Care For Their Loved One



Caring for a person with dementia is not easy and the demands of the job are constantly changing. Dementia experts will help us understand the reasons for some difficult dementia behaviors and teach us communication techniques to help address them. Participants will also be given ideas on how to create meaningful experiences with a person who has dementia and how to enrich the lives of everyone involved throughout each stage of the disease.

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