



**Thursday, January 24, 2019: "It's About the Conversation": Advance Care Planning**

No one can predict when a sudden illness or accident may leave you unable to make personal healthcare decisions. Who would speak for you if you could not speak for yourself? Would they know what to say about what medical treatment you would, or would not, want? This presentation is designed to help you understand more about Advance Care Planning and all that it entails for your medical advocate, and to be a medical advocate.

**Thursday, February 28, 2019: Dementia: What One Needs to Know to Care for the One They Love**

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.

**Wednesday, March 7, 2019: Therapeutic Services for Older Adults**

You might have heard of psychotherapy, but have you heard of music, occupational or recreational therapy? What are these types of therapies and how can they help an older adult? Learn from local experts about the benefits and making alternative therapies a part of a treatment plan for your loved one.



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

**REGISTRATION REQUIRED:**  
Call 616-222-7032  
Email: [Registration@aaawm.org](mailto:Registration@aaawm.org)

(registration not complete  
until confirmation message received)

**SPONSORS**





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)

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
Wednesday, 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