



**Wednesday, October 30, 2019: Community Resources A to Z: Part 2**

Learn about resources related to transitioning into long term care or a nursing facility. Topics include: hospital observation vs. admission, assisted living, and nursing homes (and payment options for both), how to choose a long term care facility, caregiver burden/guilt, patience choices/rights, right to nursing home discharge, advocacy and communication strategies.

**Wednesday, November 6, 2019: Holiday Gifts for Caregivers (Joys of Caregiving)**

The best gifts for caregivers are ones that make them feel supported and give them well-deserved time off from caregiving. Come learn about some of those gifts, and how you can make the time for yourself to experience a break even in the midst of caregiving.

**Tuesday, December 3, 2019: Have I Got A Story to Tell You: The Power of Life Review**

Taking comfort in finding meaning in one's life is a common challenge for many people. Meaning is often found through the stories that are hidden between the folds of everyday life. Join Dave Kampfschulte as he relates his experiences interviewing people for the My Life Story program. You will listen to the common life lessons, thoughts and feelings that wind through our collective lives. If you have had a story, you have had a life!



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**





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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
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



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