



### **Thursday, April 25, 2019: The Physical & Emotional Changes We Experience as We Age**

Throughout the different stages of our lives, we experience changes in body, mind, and spirit. Sometimes these changes can be welcome and positive, and sometimes they can be a little more difficult and challenging. Come learn from a local expert about the physical, mental, emotional, social, and spiritual changes as we age, and how you or your loved one can continue your journeys with grace and dignity.

### **Tuesday, May 7, 2019: Making It Easier: Technology for Seniors & Caregivers**

Technology can help seniors live more independently 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 by using mobile devices like a smartphone or tablet.

### **Tuesday, June 4, 2019: Elder Law 101: Planning for Our Future & Protecting Our Interests**

Do you have an advance directive, durable medical power of attorney, will or other documents prepared? Have you been putting off the conversation because you don't know where to start? Come listen to an elder law attorney and caregiver expert explain what each document is, why you need them and how to get them ready for you or 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**





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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



- 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