

Area Agency on Aging NACOG

1.877.521.3500

Caregiver Education Series

Living in Two Worlds



Caregiving & Grief

CAREGIVER EDUCATION SERIES

RESOURCES FOR CAREGIVERS

03.09.17

Find resources that fit your needs and resources for your loved one! We can help you connect and stay connected. A presentation will be provided by Area Agency on Aging NACOG's Family Caregiver Support Program and the Hospice Compassus music therapist.

ROLE REVERSALS & UNDERSTANDING HOSPICE CARE

03.16.17

Changes in a loved one's health alter the dynamics of a relationship. Physical needs take precedence and the caregiver finds themselves in a position of accepting a new reality in which they are the providers of strength and support. A presentation will be provided by Hospice Compassus Care Consultant.

CAREGIVER FATIGUE

03.23.17

Compassion Fatigue is a serious factor in caregiving. Week 3 will explore this phenomenon. Caregivers will learn to recognize fatigue triggers and how to release them in a healthy manner. A presentation and cooking demonstration will be provided by Area Agency on Aging NACOG's Health and Nutrition Program.

DEALING WITH ANTICIPATORY GRIEF

03.30.17

Grief is a natural reaction to the loss of a loved one. It often begins with the anticipation of the patient's passing. Learn about the myriad of reactions grief invokes and how to recognize and honor these emotions. The tasks of mourning will be presented as a means of facing an uncertain future. Finally, set in motion the path of self-discovery.

WHERE DO I GO FROM HERE?

04.06.17

Share your path of discovery and how to honor lessons learned. Take the time to tell stories about your loved ones and share in gratitude for being able to be of service in a healthy and supportive manner. A presentation will be provided by Hospice Compassus massage therapist.

WHEN:

9am—11am, Thursdays

WHERE:

Joe C. Montoya Community & Senior Center

245 N. Thorpe Rd.

Flagstaff, AZ 86001

Free & Open to the Public | Materials & Snacks Provided.

Respite may be Available!



Services are funded by the Older Americans Act, SSBG funds and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security, Division of Aging and Adult Services (DAAS) to Area Agencies on Aging. Eligibility for programs: Seniors or adults with disabilities. Additional requirements may vary by program. Client contributions are encouraged and are vital for continuation of the programs. Language assistance and alternate forms of communication are available upon request. Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, Area Agency on Aging NACOG prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.