

CAREGIVER ACADEMY

Equipping Confident Caregivers in the Piedmont

Caregiving is a challenging role that is draining and often underappreciated. Most caregivers have to dive in with no training and little support.

Caregiver Academy provides practical education and support one class at a time, so you can be a confident, courageous and competent caregiver for your loved one.

Classes are taught by community experts, are open to those who provide care to their family members and are FREE of charge.



2019 CLASS SCHEDULE

- FEB 19 | COMMUNITY RESOURCES A TO Z**
In-home options and support to stay independent.
- MAR 19 | The Sandwich Generation**
Multi-tasking across generations: Taking care of grandparents, parents, children and grandchildren.
And what about taking care of yourself?
- APR 16 | Advance Care Planning**
Learn about health care power of attorney, advance directive for a natural death (living will), DNR, MOST, Five Wishes and other gifts of planning ahead.
- MAY 21 | Nine Wise: Your Personality as a Caregiver**
How your natural personality influences your caregiving behaviors using Enneagram tools for empowerment.
- JUN 18 | Staying Safe: Age-proofing Our Home**
Learn how to age-proof the home to help prevent falls, accidents and unsafe conditions.
- JUL 16 | How to Be Your Own Health Care Advocate**
Techniques for communication with health care providers as a caregiver.

- AUG 20 | Medicare, Medicaid and Caregiving**
Navigating the mazes of insurance and benefits.
- SEP 17 | Caregiving with Unusual Behaviors**
Finding the "new normal" with newly emerging behaviors, difficult personalities and aggression.
- OCT 15 | The Holidays Are Here**
Techniques for managing caregiving in the face of family opinions and questions.
- NOV 19 | Hospice and Palliative Care**
Bursting myths and discovering wonder at the end of life.
- DEC 17 | Elder Law**
Learn about wills, estates and bequeathment.

CLASSES ARE HELD AT:

Wake Forest Baptist Health
Lexington Medical Center
LiveWell Center
250 Hospital Drive
Lexington, NC 27292

CLASS TIME: 1 to 2:30 pm

REGISTRATION IS REQUESTED:

WakeHealth.edu/BestHealth
336-713-BEST (2378)
bhealth@wakehealth.edu

