



Davidson Caregiver Academy

Providing practical **education** and **support** one class at a time, so you can be a **confident** and **courageous** CAREGIVER for your loved one.

2021 Class Schedule

Third Tuesday, 1:00-2:00pm

Jan 19 Recognizing and Accepting the Need for Help
Sometimes our need for help is sudden and obvious. More often, though, it becomes apparent gradually. Learn the changes and shifts to look for in deciding the best model of care. Once we recognize the need for help, accepting help from others can be difficult. Reexamining our beliefs on receiving help can move us closer to welcoming and embracing the compassion of others.

Feb 16 Stroke Basics
Anyone can have a stroke at any age. But certain things can increase your chances of having a stroke. The best way to protect yourself and your loved ones from a stroke is to understand your risk and how to control it. While you can't control your age or family history, you can take steps to lower your chances of having a stroke.

Mar 16 Healthy Nutrition
Understand the role nutrition plays in personal health and disease prevention. Learn tips to create a healthy diet for yourself.

Apr 20 Advance Care Planning
Understand the legal documents that are needed when someone is alive but can no longer make their own health care decisions. These advance directives include: health care power of attorney, living will, DNR, MOST, Five Wishes and The Conversation Project.

May 18 Active Living for the Caregiver
Exercise keeps stress in check, gives you more energy, helps you sleep better and improves your mood. And that's all the elements of an ideal caregiver. Learn simple exercise strategies to help improve your health.

June 15 Dementia-Related Behaviors
Learn how to understand and respond to your care receiver's dementia-related behaviors such as anxiety, confusion, repetition and wandering. Learn how to respond in ways that maintain peace and preserve dignity.

July 20 In-Home Care Options 101
Understand the various in-home care support options, how to know what your loved one needs, when they need it and how to pay for it.

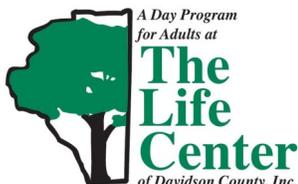
Aug 17 Natural Remedies and Holistic Wellness
Learn about the benefits of natural remedies including essential oils, massage therapy and meditation/relaxation techniques.

Sept 21 Who is This New Person?
When the core personality and body functions of the care receiver change in unexpected ways, what has happened to their "old self"? Learn how disease processes impact our bodies and brains, how the diagnostic process works, and how to communicate with your medical team for better outcomes in the face of cognitive and functional decline.

Oct 19 Self-Care for the Caregiver
The holiday season can be especially stressful for caregivers. Learn techniques for taking care of yourself. Ensuring adequate self-care is proven to benefit caregivers and the care receivers.

Nov 16 Hospice End of Life Care
Learn about the services that are provided by a team of health care professionals who maximize comfort for a person who is terminally ill by reducing pain and addressing physical, psychological, social and spiritual needs.

Dec 21 Protection from Emotional and Financial Abuse
North Carolina law protects disabled adults from abuse, neglect and financial exploitation. Education is the first line of defense in protecting you and your loved one from becoming another victim of a scam.



All Sessions are Virtual Until Further Notice

Registration is required. Call 336.242.2290 or email dcsslex@davidsoncountync.gov