

# Caregiver Programming

## Summer 2021



**OC CARES** (Orange County Caregiver Awareness, Respite, Education & Support) is proud to continue offering programs for caregivers during the COVID-19 Pandemic. Please reach out to the Aging Information Helpline at **919-968-2087** or **AgingTransitions@orangecountync.gov** for more information or registration. **All programs are meeting virtually, via phone, GoToMeeting, or Zoom. Register 1 day prior to the meeting.**



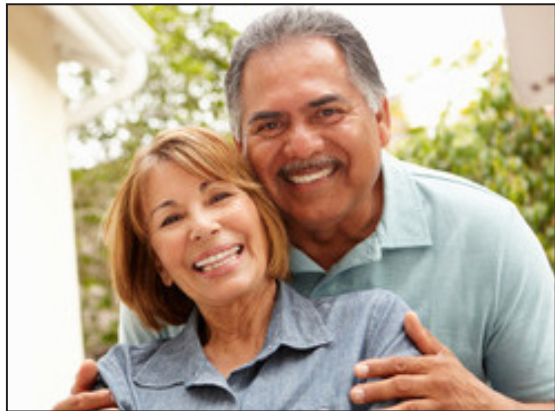
## Support Groups

### CAREGIVERS' SUPPORT GROUP

Virtual meeting with other caregivers to share experiences, learn new skills, and get answers to questions about dementia and other long-term disabilities.

DATES & TIMES	CLASS #
2nd/4th Thursdays; 1-2 pm	(255005-02)
2nd/4th Fridays; 10:30am-11:30	(352755-03)

## Social Opportunities



### CARE PARTNER COLLABORATIVE

A weekly online gathering where care partners can find social connection through simple conversation with each other. We envision building and supporting a strong and diverse community of local caregivers. Newcomers welcome!

DATES & TIMES	CLASS #
Wednesdays; 11 am-Noon	(357111-02)



### HELLO! CARE PARTNERS

A weekly 30-minute online session for people living with mid-stage dementia. We want folks to feel connected and included in our small weekly group that takes things slowly and with a smile. We enjoy the moment with hello's and how are you's, songs and stories, pictures and poems.

DATES & TIMES	CLASS #
Tuesdays; 11:30 am-Noon	(357111-03)



Please reach out to the Aging Information Helpline:  
**(919) 968-2087**  
 AgingTransitions@orangecountync.gov for more information or registration.



# Caregiver Programming

## Summer 2021



### Educational Opportunities

#### ACTIVITY ENGAGEMENT COACHING

As we all continue to spend a lot of time at home due to the COVID-19 pandemic, it can be challenging to find ways to keep loved ones with dementia engaged throughout the day. For caregivers connected to our various dementia support programs, we are now offering one-on-one consultations where we can brainstorm with you to identify enjoyable activities that are meaningful, person-centered, and appropriately modified to the current level of cognitive ability.

#### CAREGIVER EDUCATION SERIES

A new monthly education series designed to provide information for individuals providing care and support for a friend or family member. The program hopes to strengthen your skills and resilience, and bolster the ability to nurture and support those for whom you care. You may register for one or multiple sessions.

MEETING	DATES & TIMES	CLASS #
Working Caregivers	Monday, June 14; 1:30-2:30pm	(354117-12)
DSS Programs for Older Adults and Caregivers	Thursday, July 15 ; 1:30-2:30pm	(354117-13)
Veterans Programs	Monday, August 16 ; 1:30-2:30pm	(354117-14)



#### DEMENTIA – LET’S TALK ABOUT IT

Join OCDoA’s dementia care specialists for a conversation around topics related to dementia education, living with cognitive change, and being a dementia caregiver. We will provide 15-30 minutes of education at the start of the hour, and the remaining time will be spent in conversation, Q&A, and resource-sharing around the day’s topic. Grab your preferred morning beverage and join us! You may register for one or multiple sessions.

MEETING	DATES & TIMES	CLASS #
Navigating Group Gatherings	Tues, June 1; 10:15-11:15 am	(350002-04)
Communication – Having a Social Visit	Tues, June 15; 10:15-11:15 am	(350002-04)
Traveling with Dementia	Tues, July 6; 10:15-11:15 am	(350002-04)

MEETING	DATES & TIMES	CLASS #
Creating a Caregiving Back-Up Plan	Tues, July 20; 10:15-11:15 am	(350002-04)
Communication – Accomplishing a Task	Tues, August 3; 10:15-11:15 am	(350002-04)
Driving & Dementia	Tues, August 17; 10:15-11:15 am	(350002-04)

Please reach out to the Aging Information Helpline:

**(919) 968-2087**

[AgingTransitions@orangecountync.gov](mailto:AgingTransitions@orangecountync.gov) for more information or registration.

