

Caregiver Programming

Spring 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 or GoToMeeting. Register 1 day prior to the meeting.**



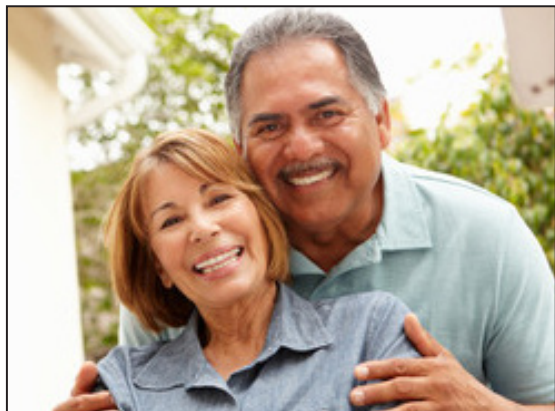
Support Groups

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)



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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: CARING BASICS

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 #
Combating Social Isolation and Loneliness	Monday, March 22; 1:30-2:30pm	(354117-05)
Preparations for a New Caregiver	Monday, April 19 ; 1:30-2:30pm	(354117-06)
Long Distance Caregiving	Monday, May 17 ; 1:30-2:30pm	(354117-07)



DEMENTIA – LET’S TALK ABOUT IT

Join OCoDA’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 #	MEETING	DATES & TIMES	CLASS #
Parkinson’s & Dementia	Tues, March 2; 10:15-11:15 am	(350002-03)	Cognitive Assessments	Tues, April 20; 10:15-11:15 am	(350002-03)
Disclosing a Diagnosis	Tues, March 16; 10:15-11:15 am	(350002-03)	Hearing Loss & Dementia	Tues, May 4; 10:15-11:15 am	(350002-03)
Fronto-Temporal Dementia	Tues, April 6; 10:15-11:15 am	(350002-03)	Depression & Dementia	Tues, May 18; 10:15-11:15 am	(350002-03)



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