

Caregiver Programming

Spring 2023



OC CARES (Orange County Caregiver Awareness, Respite, Education & Support) is proud to offer programming for Orange County caregivers. Please reach out to the Aging Information Helpline at **919-968-2087** or **AgingTransitions@orangecountync.gov** for more information or registration. **We are currently offering both virtual and in-person programming. Please register at least 1 day prior to the meeting.**

Support Groups



CAREGIVERS' SUPPORT GROUP

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

DATES & TIMES	LOCATION	CLASS #
2nd Thursdays; 1-2 pm	Passmore Center	(255005-12, 255005-13, 255005-14)
2nd Thursdays; 1-2 pm for Mandarin Speakers	Seymour Hybrid	(324242-03)
2nd and 4th Fridays; 10:30am-11:30	Seymour Center	(324242-05)
1st and 3rd Tuesdays 12:30-1:30pm	ZOOM	(324242-08)

Social Opportunities



CARE PARTNER COLLABORATIVE

For caregivers and those they care for - a space to be in community, where many hands make light work. This weekly gathering **at the Seymour Center** offers opportunities for connection and active engagement in ways that work for all. Let's do this together! Registration required. Contact: Aging Helpline, 919-968-2087 or **AgingTransitions@orangecountync.gov** to discuss eligibility. Max 10.

DATES & TIMES	CLASS #
Wednesdays; 1-3pm	(357111-09)



HELLO! CARE PARTNERS

A weekly 30-min **online** social visit for people living with mid-stage dementia. We help folks feel connected and included in our small group as we share conversation supported by pictures, music, poetry. For more information and to register, contact Aging Helpline, 919-968-2087 or **AgingTransitions@orangecountync.gov**. Max: 4.

DATES & TIMES	CLASS #
Tuesdays; 11:30 am-Noon	(357111-10)



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Educational Opportunities

CAREGIVER EDUCATION SERIES

A quarterly 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	LOCATION	CLASS #
Downsizing	Monday, March 6, 1-2pm	Seymour Hybrid	(352754-02)
Traveling with your Care Recipient	Monday, May 1, 1-2pm	Seymour Hybrid	(352754-03)



DEMENTIA – LET’S TALK ABOUT IT

Join OCoDoA’s dementia care specialists for an **ONLINE** 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. You may register for one or multiple sessions.

MEETING	DATES & TIMES	CLASS #
Driving & Dementia	Tuesday, March 21, 10:00-11:00am	(324315-02)
Travel & Dementia	Tuesday, April 18, 10:00-11:00am	(324315-03)
Long Term Care Planning for Dementia	Tuesday, May 16, 10:00-11:00am	(324315-04)

DEMENTIA BASICS – WHAT CAN WE EXPECT?

This four-part series is designed to provide basic information about dementia to individuals with memory concerns, caregivers, family members, friends, and interested community members. Each week will focus on a different topic related to dementia. The series is designed to be taken all together, but you are welcome to register for individual sessions. **This program will take place in person at the Orange County Main Library, 137 W. Margaret Lane, Hillsborough, NC.**



MEETING	DATES & TIMES	CLASS #
Session 1: Brain Health	Monday, April 3 1:30-3:30pm	(343022-01)
Session 2: Types & Stages of Dementia	Monday, April 10 1:30-3:30pm	(343022-01)
Session 3: Communication	Monday, April 17 1:30-3:30pm	(343022-01)
Session 4: Preparing for the Journey Ahead	Monday, April 24 1:30-3:30pm	(343022-01)

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