

Caregiver Programming

Winter 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)
2nd Thursdays; 1-2 pm for Mandarin Speakers	Seymour Hybrid	(324242 – 1, 2, 13)
2nd and 4th Fridays; 10:30am-11:30	Seymour Center	(352754-13, 14, 15)
1st and 3rd Tuesdays 12:30-1:30pm	Virtual	(352754-20)

Social Opportunities

MEMORY CAFÉ

Memory Cafés are a social gatherings for anyone concerned with their memory (advanced age, dementia, Parkinson's, stroke, etc.) and their caregivers, friends and family. It is an opportunity to come together in a safe, supportive environment, to share conversation and participate in fun activities with the group. Please join us for some lively entertainment, music and tasty snacks at the Seymour Center. Enjoy building community with others for support, companionship, and fun! **Registration required. Contact: Alison Smith, 919-245-4251 or alsmith@orangecountync.gov.**



R PLACE – SOCIAL MODEL RESPITE CARE PROGRAM

R Place is a social model of respite care. The program promotes new relationships, group service projects, storytelling, shared meals, small group conversations, guided light exercise, as well as art, music and games.

R Place is run by volunteers who build relationships with participants and offer the mental stimulation and social engagement that they need. Volunteers receive robust training on what dementia can look like, and how to meet this community's specific needs in the moment.

Our belief at R Place is that everyone's life has meaning, and we all have something to contribute. As a community, we create a joyful space to socialize and engage fully in meaningful activities that build cognitive resilience, so we all can thrive together! R Place sessions are held Wednesdays from 10-2pm at the Seymour Center in Chapel Hill.

Please contact Alison Smith at alsmith@orangecountync.gov if you would like to learn more.



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Educational Opportunities



DEMENTIA – LET’S TALK ABOUT IT

Join OCDoA’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 #
Tools and Technology for Dementia Caregiving	Dec 19, 10-11am	(255018-02)
Pain and Dementia	Jan 16, 10-11am	(255018-02)
Living Alone with Dementia	Feb 20, 10-11am	(255018-02)



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 Chapel Hill Public Library, 100 Library Dr., Chapel Hill, NC.

MEETING	DATES & TIMES	CLASS #
Session 1: Brain Health	Wednesday, Jan. 10 10:30am-12:30pm	(343022-10)
Session 2: Types & Stages of Dementia	Wednesday, Jan. 17 10:30am-12:30pm	(343022-10)
Session 3: Communication	Wednesday, Jan. 24 10:30am-12:30pm	(343022-10)
Session 4: Preparing for the Journey Ahead	Wednesday, Jan. 31 10:30am-12:30pm	(343022-10)



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