



CLASSES FOR PEOPLE HELPING OLDER ADULT FAMILY & FRIENDS

Classes can be offered as 1-hr lunch & learn sessions. All classes presented by an experienced caregiver specialist.

Resources and Planning

Beginning Planning

Where do you begin the process of helping an older family member plan for the future? What concerns need to be considered? And how do you find out what resources are available when help is needed? All those issues are discussed in this class – whether you are thinking ahead or find yourself needing to create a plan right away.

Living Options for Older Adults

When an older adult needs assistance with daily living or safety, what are the options? How can families support independence, and create a situation that everyone can accept? This program will explain the various levels of assistance and care available in Maine, and provide tools for decision-making and having a family discussion.

Strategies for Independent Living

There are many products, services, and ideas that can help an older adult maintain independence. This class looks at home safety, money and medication management, and daily activities as areas where function can be supported by simple strategies.

Understanding Maine Health Care Advance Directives

This program offers information about legal tools to help ensure that health care wishes are followed, should a person become unable to make their own decisions. In addition to offering practical information, this class focuses on how we can communicate about these important issues, and how we can be prepared to speak on someone else's behalf.

Caregiver Well Being

Coping with Anxiety for Family Caregivers

Anxiety is a part of life and yet sometimes it can become a burden. We can't eliminate anxiety, but we can learn to cope with it. This class provides an overview of anxiety, how it can become problematic for family caregivers, and what strategies may help manage it.

In the Middle: Solutions for the Sandwich Generation

Members of the "sandwich generation", those who are assisting older family members while also raising children, face unique challenges as they try to balance caregiving, parenting, and, often, working as well. We will look at some roots of stress, and ideas for managing multiple demands, finding assistance, and taking care of yourself.



Setting Limits: Healthy Personal Boundaries for Caregivers

As family caregivers, there are times when we all need to be able to set limits, whether with the person we are assisting, family members, friends, or other people. Being clear about what we can and cannot do allows us to continue to help, without becoming exhausted. This class will offer ideas to make setting limits and establishing boundaries easier and more effective.

Stress Management for Family Caregivers

In even the most loving families, providing care for another person can be stressful. This class will help you recognize the sources of stress, understand the impact stress can have on your own health and wellbeing, and identify some strategies to manage stress, so that you can take care of yourself and continue to provide the best assistance possible.

Caregiving Strategies and Ideas

Aging and Memory

What memory changes can we expect as our family members/friends age? When are cognitive changes something to be concerned about? How do you find out why changes are occurring? What can you do? We will look at various causes of memory and other thought changes, and suggest strategies to help a person experiencing them and those who care about them.

Aging: Myths and Realities

People have a variety of beliefs about “normal” aging and what to expect. This class explores physical and cognitive changes associated with growing older and explains some common medical conditions that may affect older adults. Suggestions will be offered for preventive care and possible treatment options.

Caregiving as a Family

When someone in a family needs assistance, we often find that not all family members agree about how, when, or how much to help. Often, one person ends up taking most of the responsibility, which can create issues. This class will look at families, how history plays a part in what we do now, and ways to work together better to help someone we care about.

Can We Talk? Communicating With Healthcare Providers

This workshop will give you the insight and tools you need to participate as an effective member of your family member’s health care team. Strategies for getting the information you need, as well as communicating to professionals will be discussed.

Caregiving from a Distance

Many of us live too far away to offer in-person help to older adults we care about. Yet, there are many ways that we can help them stay independent and safe. This class will talk about the challenges of long distance caregiving and offer strategies and ideas to make it work better.