The Caregiver Toolbox

Caregiver Toolbox workshops are offered free to community groups, businesses, and other organizations. The 7 Toolbox topics address everyday challenges that may be experienced by someone caring for an older adult or person with a disability. Topics apply not only to caregivers but individuals preparing for their own aging needs. The full Caregiver Toolbox booklet can be downloaded from COAAA's website, www.coaaa.org/guides or call us to request a hard copy via mail: 800-589-7277.

Accessing Aging Services
Caring for a loved one? Learn about resources and services that can help older adults and their family and friends assisting them with everyday living.

Planning Ahead with Important Documents
Discusses several kinds of important documents that every older person and their family in Ohio should consider implementing to plan for care while still alive and after death. Provides resources on accessing and downloading the templates for these documents.

Navigating and Advocating with the Health Care System
Provides some suggestions for more successful visits with health providers and then discusses 12 Rights of Caregivers when interacting with the health care system.

Preventing Burnout in Caregiving
Looks at common symptoms of caregiver burnout as well as risk factors. Discusses several ideas to prevent or treat caregiver burnout.

Caregiving Over the Holidays
Provides suggestions for caregivers during holiday gatherings and activities. Emphasizes the basic belief there are ways to keep the holidays memorable while caring for ourselves and other family members.

Dementia Basics
Discusses the meaning of the word "dementia." Looks at what it is and what it is not and provides some descriptions of conditions that can cause brain failure. Also discusses resources for families and ways that families can adapt their behaviors to calm and comfort people with dementia.

Brain Health
Examines what makes a healthy brain as we age and changes that are, and are not, typical. Provides some ideas about how to adapt our behaviors to maintain and foster a healthy brain as we age.

Request a Presentation

Call the Presentation request line, 614-645-7250 or visit: www.coaaa.org/education/speaker-request-form/

Visit COAAA's Education webpage to view available evidence-based workshops: www.coaaa.org/education

Free one-hour presentations ideal for church groups, support groups, senior living communities, and anyone interested in older adult issues.

Sessions are at your meeting location and subject to speaker availability. Virtual options as requested. Staff trainings may incur a cost. Contact to inquire.

COAAA also offers professional trainings and continuing education units. For more information, visit: www.coaaa.org/ceu

Central Ohio Area Agency on Aging
3776 South High Street Columbus, Ohio 43207

COAAA operates as a Regional Council of Governments consisting of representatives from Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway, and Union counties.

COAAA is one of 12 Area Agencies on Aging (AAA) and one of approximately 620 such organizations in the United States. AAAs were established by the Older Americans Act in 1973 to respond to the needs of people 60 years of age and older.

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Central Ohio Area Agency on Aging



Community Presentations

800-589-7277
www.coaaa.org

CarFit

CarFit seminars help participants learn how to assess their own fit in their car. CarFit educates older drivers on how to enhance comfort and safety in the car, such as how aging related changes can impact comfort in the car and how to make adjustments to "fit" the car to an individual's specific needs. COAAA also offers free CarFit events to pair with the seminars.

Matter of Balance

This falls management workshop emphasizes practical suggestions to reduce the fear of falling and increase activity levels in older adults who want to be more active. During a series of eight two-hour sessions, participants learn to:

- View falls as controllable
- Set realistic activity goals
- Change their environment to reduce fall factors
- Perform range of motion exercises to increase strength and balance

Attendance is required at all sessions.

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Medicare for Beginners and Medicare Presentations

Daytime or evening presentations at our office OR virtually. Consult our schedule and registration information by visiting:
www.coaaa.org/medicare

Tailored for individuals who are nearing age 65 or need help understanding Medicare options. The presentation explains what Medicare is, the coverage, preventive benefits, financial assistance programs, and more. COAAA staff offer unbiased information and do not represent or sell insurance products. COAAA also offers free presentations for Medicare recipients, caregivers and professionals. Learn about Medicare insurance coverage including Part D for prescriptions. Contact us by phone at 614-645-7250 or email medicare@coaaa.org.

Healthy, Well & Wise

The Healthy, Well & Wise program offers presentations focused on older adult health and safety. COAAA offers the following FREE presentations for community groups with at least 10 participants. A minimum of 10 people is required to attend in person.

Depression and the Older Adult
Depression can lead to other life complications. Get insight into causes, symptoms and treatment of this serious but treatable illness.

Emergency Preparedness: More Than Just a Good Idea
Provides information on basic emergency supply kits, the importance of a communications plan and general principles of preparedness.

Fall Prevention: Do You Know Where Your Feet Are?
Falls are the leading cause of emergency room visits, hospitalizations and death for older adults. Learn about important but simple steps to fall prevention.

Grief & Loss
Explains various responses to grief, identifies unrecognized losses and offers tips on how to help someone who is grieving.

Fraud & Scams: Now You Know – In Partnership with Bank of America
Discusses the top issues for fraud and how to spot false claims. Reviews identity theft and what you can do to protect yourself. These fraud prevention presentations will be facilitated in collaboration with a community partner to provide expert information and resources.

Managing Diabetes: You Can Do It!
Reviews risk factors, symptoms and treatment options. Identifies the steps for prevention but also daily management.

Senior Safety
Suggestions on what you can do to increase your personal safety in your home and in your day-to-day travels.

Stress Less, Live More
Describes the basics of stress- good & bad- creative ways to manage through awareness & relaxation techniques.

Sharing Our Stories: The Benefits of Life Review and Reminiscence
Life review and reminiscence are enriching for individuals, families and communities. Reviews reasons for relating memories and tips for recording them.

Tips for Downsizing and Managing Clutter
Offers insights as to why we collect what we do and when we should be concerned about it. Offers practical tips to assist in downsizing and reducing clutter.

60+ Rules for the Road
Driving is cognitively and physically demanding. Reviews age related sensory losses and suggestions to maximize your driving skills.