

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 COAAA can send a hard copy to you.

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.

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.

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.

Request a Presentation

Presentation request line, 614-645-3875 or visit, www.coaaa.org/speaker_form.php. Visit COAAA's Education webpage, www.coaaa.org/education, to view available evidence-based workshops.

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. Visit www.coaaa.org/ceu.



Community Presentations



Central Ohio Area Agency on Aging

800-589-7277

www.coaaa.org

COAAA offers the following FREE presentations for community groups of 10 or more.

Healthy, Well & Wise

The Healthy, Well & Wise program offers presentations focused on older adult health and safety. Minimum of 10 people requested in person.

Be Stroke-Wise

Identifies the common causes and effects of strokes. Discusses resources for diagnosis, treatment and rehabilitation.

Breathe!

Covers the risks for respiratory disease and how to prevent lung disease. Includes dietary tips and the benefits of deep breathing.

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.

Going Green: Where Health and Well-Being Meet

Green living is more than just recycling. It means eating healthier, being active and getting involved in your community. Learn how to positively impact the earth and your health.

Grief Smarts!

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

Have I Got a Deal for You! Health Quackery & Other Scams

Discusses the top issues for health fraud and how to spot false claims. Reviews identity theft and what you can do to protect yourself.

Herbal Remedies and Other Therapies: Help or Hype?

Gives suggestions on how to assess the safety and effectiveness of herbal products. Reviews risks, questions to ask your health provider and where to get more information.

Hold Your Own Against Colds and Flu

Do you know the difference between a cold and the flu and how to prevent and treat both? Improve your cold and flu knowledge.

Managing Diabetes: You Can Do It!

Reviews risk factors, symptoms and treatment options. Identifies the steps for prevention but also daily management.

Maximize Your Memory

Find out how memory works & the factors affecting it. Learn techniques to improve and maintain your memory.

'Oh My Aching'... a Map to Maneuver the Aches and Pains of Aging

Hit the road to managing arthritis. Learn about types, symptoms and treatment. Offers suggestions on meeting the challenges of chronic pain.

Savvy Senior Safety

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

Secrets to Serenity

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.

Skin: Taking Care of Your Largest Organ

What does your skin tell you about your health? Reviews how your skin protects you. Gives suggestions on how to keep your skin healthy.

Stuff: 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.

Telehealth & More: Tips to Plug into Your Healthcare Anywhere

Healthcare visits in person or on-line require preparation. Reviews what you need to be prepared, questions to ask about procedures and safe medication use. Be prepared for your next virtual appointment!

Wake Up...to Better Sleep

Offers clues for the causes of sleeplessness and resources to manage sleep disorders.

60+ Rules for the Road

Driving is cognitively and physically demanding. Reviews age related sensory losses and suggestions to maximize your driving skills.

Medicare for Beginners and Medicare Presentations

Daytime or evening presentations at our office OR virtually. Consult our schedule and registration information at 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.