

## The Caregiver Toolbox

Caregiver Toolbox workshops are offered free to community groups, businesses, and other organizations. The 24 Toolbox topics address every caregiver challenge that may be experienced by someone caring for an older adult or person with a disability. COAAA caregiving experts can present individual topics or the entire series. Taped sessions with handouts of each topic are available on COAAA's website, [www.coaaa.org/cms/services/cg/caregiver-publications-videos](http://www.coaaa.org/cms/services/cg/caregiver-publications-videos)

### Accessing Aging Services

Learn about resources and services that can help older adults and their family and friends assisting them with everyday living.

### Planning Ahead Series

- Having the Conversation
- Important Documents
- Paying for Care with Medicare and Medicaid
- Housing Choices
- After a Death
- If you are a Veteran

### Dementia Series

- What do we mean by dementia?
- As the brain deteriorates, what stays and what goes?
- Managing Common Behaviors: Wandering, Bathing, Toileting, Sleeping, Eating

### Preventing Burnout Series

- Caregiving over the Holidays
- Common Signs of Burnout
- Strategies of Treating and Preventing Burnout
- Common Family Dynamics
- Challenging Care Situations

### Navigating Series

- Interacting with Healthcare Providers
- In the Hospital Setting
- Palliative vs. Hospice Care
- Finding and Managing Care at Home

### Nuts and Bolts of Care Series

- Moving, Lifting and Transferring
- Managing Medications
- Common Equipment and their Use
- Adapting the Home

Helpful publications with information about local agencies and organizations that provide services of interest to older adults and caregivers are available for download at [coaaa.org/resources](http://coaaa.org/resources).

## Health In Action

If you have a chronic health condition that affects your daily life, sign up for Health In Action!

This no-cost six session workshop guides you through effective health self-management. Once a week for six weeks, make plans to problem solve your health challenges. Topics include:

- Healthy Eating
- Physical Activity
- Better Breathing
- Medication Management
- Communicating About Your Condition
- And more!



Three workshop series are available:

- Chronic Disease Self-Management
- Diabetes Self-Management
- Chronic Pain Self-Management

To benefit from a workshop series, attendance is required at all six sessions. Registration required. Contact COAAA to inquire about Zoom and Phone options.

## 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.

All community presentations are FREE. Employer Staff Trainings may incur a cost. Call to inquire. Contact COAAA's Speakers Bureau request line at 614-645-3875.

COAAA offers professional trainings and continuing education units. Visit [coaaa.org/ceu](http://coaaa.org/ceu).

COAAA is part of the City of Columbus, Recreation and Parks Department.



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# Community Workshops and Presentations

Free presentations for community groups or employers. Sessions are virtual or at your meeting place.



Central Ohio Area Agency on Aging  
800-589-7277 [coaaa.org](http://coaaa.org)

COAAA offers the following FREE presentations for community groups or employers. Sessions are at your meeting place, OR virtual, and subject to speaker availability. Zoom link or conference call phone line\* can be provided by COAAA. Presentations are typically an hour. Contact COAAA at **614-645-3875, 800-589-7277** or on-line at [www.coaaa.org/speaker\\_form.php](http://www.coaaa.org/speaker_form.php).

## Healthy, Well & Wise

The Healthy, Well & Wise program offers presentations focused on older adult health and safety. \* Conference phone line available for small groups of 4-5 people.

### **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.

### **Lessons Learned: Reflections on Adversity**

A conversation identifying life's adversities and how we cope individually and as a community.

### **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!

### **The Value of Effective Health Self-Management**

Reviews Ohio's top health concerns, the cost associated with poor health and what you can do to self-manage your chronic conditions.

### **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 as necessary. Tailored for individuals who are nearing age 65 or need help understanding Medicare options. The presentation explains what Medicare is, the coverage, preventive benefits and more. COAAA staff offer unbiased information and do not represent or sell insurance products. Check our website for dates, times and registration details. 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 or at [medicare@coaaa.org](mailto:medicare@coaaa.org).