

CAREGIVER ACADEMY

EQUIPPING CONFIDENT
CAREGIVERS *in the* PIEDMONT



ABOUT THE ACADEMY

Caregiving is a challenging role that is draining and often underappreciated. Most caregivers have to dive in with no training and little support.

Caregiver Academy provides practical education and support one class at a time, so you can be a confident, courageous and competent caregiver for your loved one.

Classes for 2018 are listed TO THE RIGHT. Register for as many as you'd like.

All classes are taught by community experts and are open to individuals providing care to their family members.

CLASSES OFFERED AT NO COST

Wake Forest Baptist Health
Davie Medical Center
Plaza 1, 4th floor classroom
329 NC Hwy. 801 N
Bermuda Run, NC 27006

CLASS TIME: 1 to 2:30 pm

REGISTRATION IS REQUIRED:

- ▶ BestHealth.com
- ▶ 336-713-BEST (2378)
- ▶ bhealth@wakehealth.edu

CLASS DETAILS

WINTER

- Feb 28 | **Community Resources A to Z**
In-home options and support to stay independent.
- Mar 28 | **The Sandwich Generation**
Multi-tasking across generations: Taking care of grandparents, parents, children and grandchildren.

SPRING

- April 25 | **Advance Care Planning**
Health care power of attorney, living will, DNR, MOST, Five Wishes and other gifts of planning ahead.
- May 23 | **NineWise – Your Personality as a Caregiver**
How your natural personality influences your caregiving behaviors using Enneagram tools for empowerment.
- June 27 | **Staying Safe: Age-proofing Our Home**
Preventing falls, accidents and unsafe situations.

2018 SCHEDULE

SUMMER

- July 25 | **How to Be Your Own Health Care Advocate**
Techniques for communication with health care providers as a caregiver.
- Aug 22 | **Medicare, Medicaid and Caregiving**
Navigating the mazes of insurance and benefits.
- Sept 26 | **Caregiving with Unusual Behaviors**
Finding the "new normal" with newly emerging behaviors, difficult personalities and aggression.

FALL

- Oct 24 | **The Holidays Are Here**
Techniques for managing caregiving in the face of family opinions and questions.
- Nov 28 | **Hospice and Palliative Care**
Bursting myths and discovering benefits at the end of life.
- Dec 19 | **Elder Law**
Wills, estates and bequeathment.

