

Weber/Morgan Area Agency on Aging & Caregiver Support Program Presents:

FREE Caregiver Education Series

*Weber Human Services
237 26th Street, Ogden, UT 84401
12 Noon - Lunch will be served*

SEPTEMBER

18

Resources & Support

SEPTEMBER

25

Legal Planning
you Keep
Putting Off

OCTOBER

02

Show Me the
Money:
Alternative funding
for service

OCTOBER

09

From Clutter to
Clarity

OCTOBER

16

Dementia
Behavioral Tips
& Tricks

OCTOBER

23

Home Safety

OCTOBER

30

Healthy Aging

NOVEMBER

06

Overcoming
Caregiver
Burnout

For more
information
and to **RSVP**
contact
Angela Stout
801-625-3866

ZOOM OPTION AVAILABLE: MEETING ID: 842 7232 4954 PASSCODE: 695096



Caregiver Education Series Agenda

**SEPT
18**

Resources & Support Presented by Weber County Caregiving Board

Learn from a panel of local providers and professionals that will give information on resources, programs, and support groups available to seniors and caregivers.

**SEPT
25**

Legal Planning you Keep Putting Off Presented by Alan Ormsby

Learn about the essential legal documents, ensuring healthcare wishes, financial assets, and personal legacy are fully protected.

**OCT
02**

Show Me the Money: Alternative Funding presented by Panel of Experts

A panel of experts discusses alternative ways to help pay for services including grants, Medicaid Waivers, Vetaran benefits, reverse mortgages, long-term care insurance, and the GUIDE program.

**OCT
09**

From Clutter to Clarity presented by Jennifer Jones, SUDC, LCSW

Explore the emotional and psychological factors behind clutter and hoarding. Gain practical strategies for supporting loved ones with empathy, improving communication, and taking meaningful steps toward creating safer, more manageable living environments while reducing stress for everyone involved.

**OCT
16**

Dementia Behavioral Tips & Tricks presented by Rachel Ly

Using Teepa Snow's Positive Approach to Care method to address different dementia behaviors with those we provide care to. Learn helpful tips and tricks to addressing behaviors in a caring and supportive way.

**OCT
23**

Home Safety presented by Jared Gates and Utah Center for Assistive Technology

Learn changes that can be made to help safety and independence through practical support and accessibility solutions. Also learn about what assistive technologies are available to help promote independence and safety.

**OCT
30**

Healthy Aging presented by Dr. Clayton Halford

Learn different ways to support an aging loved one's health, along with strategies to improve and stay healthy as a caregiver.

**NOV
06**

Overcoming Caregiver Burnout by Darren Hutton

Practical methods and techniques to recognize the warning signs of burnout, halt an active stress spike in real time, and reduce your overall baseline exhaustion using tools you can deploy at any moment.