

# WILKES CAREGIVER ACADEMY

Equipping Confident Caregivers in the Piedmont

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 are taught by community experts, are open to those who provide care to their family members, and are FREE of charge.

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## WILKES 2020 CLASS SCHEDULE | CLASS TIME: 1 – 2:30 PM | FIRST MONDAY

### JAN 6 | Community Resources A to Z

Caregiving can seem like a maze as you try to figure out what help you need and where to find it. Understand the path before you and the resources available in Wilkes county for support to take the best care of your loved one and plan for what lies ahead.

### FEB 3 | Taking Back \*Some\* of Your Life

Techniques for caregivers to set their intentions, understand that it's not selfish to take care of themselves, and create working plans for accomplishing personal goals. Ensuring adequate self-care is proven to benefit caregivers and the care receivers.

### MAR 2 | Home Care, Home Health, or Day Care?

The different care support options to maintain independence. How to decide what you need, when you need it, what are the costs, and where to get it.

### APR 6 | Advance Care Planning & Elder Law

Understand the pitfalls of failing to plan adequately for retirement and medical expenses resulting from long-term care. Learn now to protect yourself, your assets, and your beneficiaries by understanding the correct legal documents to ensure your wishes are followed.

### MAY 4 | When It's Time to Consider Long-Term Care Placement

Determine how to weigh the pros and cons of the different types of long-term care, options to pay for it, and when to know if it is the best option for your family.

### JUN 1 | Staying Safe: Age-Proofing Your Home

Preventing falls, accidents, and unsafe conditions in the home or long-term care setting to ensure safe environments for your care receiver.

### JUL 6 | How to Be Your Own Healthcare Advocate

Techniques for communication with healthcare providers as a caregiver to ensure the best care for your loved one.

### AUG 3 | Medicare, Medicaid, and Caregiving

Navigating the mazes of insurance and benefits needed for home care and long-term care settings.

### SEP 14 | Caregiving With Unusual Behaviors

*2nd Mon.  
due to  
Labor Day*

When the care receiver is unlovable – uncooperative, aggressive, or ungrateful – learn how to respond with calmness and redirect the behaviors. Find the “new normal” with emerging behaviors and difficult personality changes.

### OCT 5 | Anticipating the Holidays

Understand why caregivers often dread the time of year that everyone else is excited about. Learn techniques for managing caregiving in the face of family and visitor opinions and questions through intentional emotional regulation, recognition of trigger points, and release of defensiveness.

### NOV 2 | Hospice and Palliative Care

Be equipped to face end-of-life and understand the full scope of the hospice benefit provided by insurance and Medicare / Medicaid. Expose the myths of hospice and palliative care and find strength and support to face terminal illness.

### DEC 7 | Creative and Holistic Alternatives

Tap into alternative outlets for stimulation and engagement that avoid social isolation. Understand the efficacy of therapeutic treatments such as Healing Touch, energy work, breathing, integrative medicine, meditation, and prayer to supplement the doctor's orders and medications.

### CLASSES ARE HELD AT:

Wake Forest Baptist Health  
Wilkes Medical Center  
First Floor Conference Room  
1370 West D Street  
North Wilkesboro, NC 28659

### CLASS TIME: 1 to 2:30 pm

### REGISTRATION IS REQUESTED:

WakeHealth.edu/BestHealth  
336-713-BEST (2378)  
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