

# A Guide to the Health, Wellness, and Caregiver Programs



**Tri-County**  
Office on Aging

*...offering several programs  
to help keep older adults  
active and healthy*

# Powerful Tools for Caregivers & Savvy Caregiver<sup>®</sup> Program

Powerful Tools for Caregivers and the Savvy Caregiver<sup>®</sup> Program both include information on community resources and are not intended for professional caregivers.

## Powerful Tools for Caregivers

- Meets for **1.5 hours per week for 6 weeks**
- Designed for anyone caring for a family member or friend
- Focuses on self-care
- Topics include: Taking Care of You, Identifying Signs and Sources of Stress, Communicating in Challenging Situations, Action Planning, etc.
- Caregiver does not have to live with the person they are caring for

## Savvy Caregiver<sup>®</sup> Program

- Meets for **2 hours per week for 6 weeks**
- For caregivers of those with dementia
- In-depth dementia and dementia-specific related care information
- Topics include: Dementia and its Effect on the Brain, Improving Caregiving Skills, etc.
- Care receiver cannot live in a facility providing 24 hour care

# Dementia Caregiver Series

**Dementia Caregiver Series** meets for **1.5 hours once per week for 3 weeks**. The series includes basic information about dementia and can help with reducing caregiving stress by providing useful tools and information.

Who should attend?

- Caregivers of someone with dementia. The person with dementia can live with you, in a nursing facility, or across the country
- Community members wanting to learn more about dementia
- Not intended for professional caregivers

If you are interested in attending the Savvy Caregiver<sup>®</sup> Program but you don't qualify because the person with dementia lives in a 24-hour care facility (i.e., assisted living or long-term care facility), the Dementia Caregiver Series is a good option to attend.



## Matter of Balance

**A Matter of Balance: Managing Concerns about Falls** is a program designed to teach older adults how to overcome their fear of falling. The workshop meets **2 hours per week for 8 weeks** and includes discussion and low-impact strength and balance exercises.

Who should attend?

- Anyone concerned about falls
- Anyone who has fallen
- Anyone who has restricted their activities because of falling concerns

## Walk with Ease

**Walk with Ease** is a walking exercise program developed by the Arthritis Foundation<sup>®</sup>. Participants commit to walking at least **10 minutes, 3 times per week for 6 weeks**.

Two ways to participate:

- Self-Directed (on your own)
- Self-Directed Enhanced (optional group walks)

TCOA works with the YMCA of Lansing and other community partners who provide Enhance<sup>®</sup>Fitness (EF), a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults.

# Diabetes PATH and Chronic Pain PATH

**Diabetes PATH** (Personal Action Toward Health) and **Chronic Pain PATH** workshops are award-winning programs that were developed by Stanford University. Both workshops meet for **2.5 hours per week for 6 weeks**.

## **Topics include:**

- Depression Management
- Stress and Relaxation Techniques
- Communication and Worst Case Thinking
- Healthy Eating
- Physical Activity and Exercise
- Working with your Healthcare Provider
- Making Decisions
- Action Planning and Goal Setting

**Topics specific to Diabetes PATH** include but are not limited to Meal Planning, Preventing or Delaying Complications, Foot Care, and Sick Days.

**Topics specific to Chronic Pain PATH** include but are not limited to Identifying Values for Pacing, The Mind-Body Connection, Distraction Techniques, Making Treatment Decisions, and the Moving Easy Program.





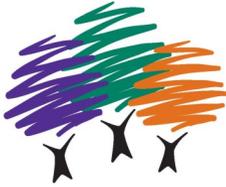
## WHAT TO EXPECT

- Plan to attend all sessions
- Held in community locations such as senior centers, places of worship, libraries, etc. or via an online platform, like Zoom
- Ideal group size is 8-12
- Led by trained facilitators
- Highly participative and interactive
- Free of charge but donations are accepted

## HOW DOES ONE REGISTER

- Pre-registration is required.
- To register, call 517-887-1465.
- Programs are offered throughout the year in Clinton, Eaton, and Ingham Counties and via an online platform, like Zoom.
- Other programs may be available. For a full program schedule visit [tcoa.org/classesevidence-based-programs](http://tcoa.org/classesevidence-based-programs).





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**Hours:** 8:00 a.m. to 5:00 p.m.  
Monday through Friday

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TCOA is devoted to attracting and retaining a diverse staff that is representative of our community and the clients we serve.

TCOA is dedicated to creating and maintaining a work environment that is inclusive, equitable and welcoming to all.



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