

Institute for Caregivers Classes – November 2024

I. **Class Title: Exploring Technology to Help Older Adults & Caregivers**

When: Tuesday, November 12th

2:00pm – 3:30pm

Where: Solvay Public Library

615 Woods Rd, Solvay, NY 13209

Presented by: Kimberly Connell, LMSW Caregiver Services & Supports
Coordinator Onondaga County Office for Aging

Description: This class will explore how seniors and caregivers can use technology to help reduce stress and gain peace of mind when caring for loved ones or themselves. We will discuss everything from home safety devices to medication reminders to useful apps and devices to virtual social activities and more.

Participants will learn about:

- Interactive Communication Devices
- Home Safety Devices
- Alexa / Google Nest Devices
- Personal Emergency Response Systems (PERS)
- Home Monitoring Systems
- Helpful Apps

Register Here: <https://forms.office.com/r/VqqiErvrJS>

or Call Kimberly Connell at 315-435-2362 ext. 4693

II. **Class Title: The Empowered Caregiver: Responding to Dementia-Related Behaviors**

When: Wednesday, November 13th

2:00pm – 3:30pm

Where: Solvay Public Library

615 Woods Rd, Solvay, NY 13209

Presented by: Alzheimer's Association of Central NY Chapter Staff

Description: This course details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Join us to learn:

- How to Decode Behavioral Messages
- How to Identify Common Behavioral Triggers
- Strategies to Help Intervene with some of the Most Common Behavioral Challenges

Register Here: <https://forms.office.com/r/mB42L6dBrV>

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