

CAREGIVERU

A Program of AGE of Central Texas

FREE Virtual Courses



Education and Support for
Family & Professional Caregivers

“Empowering YOU to Be a Smart and Healthy Caregiver”

Being smart and healthy is important, because caring for an older adult can be both rewarding and overwhelming, both frustrating and fulfilling.

Learning new tools can increase the rewards, ease the frustrations and equips you to care for yourself as you care for another person.



“Empowering YOU to Prevent Falls”

Falls are both common and costly with billions of dollars spent to treat the injuries of the one in four older adults who will suffer a fall each year. The good news is that most falls can be prevented! Learning ways to prevent falls and putting that learning into action can empower you to keep yourself safe. This two-part fall prevention course uses information from the Centers for Disease Control and Prevention, along with information from other reputable sources, to give valuable guidance on ways that older adults can prevent falls.



“Empowering YOU to Be a Strategic Dementia Caregiver”

Being strategic is important, because caring for an older adult with dementia can be both rewarding and overwhelming, both frustrating and fulfilling. Learning about the disease causing the dementia – and learning new tools to manage daily life – can increase the rewards and ease the frustrations. Being strategic can also equip you to care for yourself as you care for another person.

Find a Free Class at www.CaregiverUcenTX.org

