

CAREGIVERU

A Program of AGE of Central Texas

CaregiverU is a collaboration of more than 25 Central Texas non-profit agencies and community organizations, joining together to bring free classes offering support and resources to family members that are caring for an older loved one.

Classes are offered at no cost to participants. The courses are offered multiple times throughout the year at various locations in Travis, Williamson, Hays, and Bastrop counties.

Class Schedules & More Information:

www.CaregiverUcentx.org

Powerful Tools FOR Caregivers

This series of six classes is designed to empower family caregivers of older adults to take better care of themselves. The tools learned from **Powerful Tools for Caregivers** benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions, and locate helpful resources.



A MATTER OF
BALANCE
MANAGING CONCERNS ABOUT FALLS

According to the Centers for Disease Control, one out of three older adults experience a fall each year. And falls are the leading cause of both nonfatal and fatal injuries in older adults. **A Matter of Balance** is a fun and dynamic course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that work.

For more information and services, please contact:
AGE of Central Texas
(512) 451-4611
www.AGEofCentralTX.org

SAVVY Caregiver

Taking care of a person with dementia is a role like no other, and that role requires training. **Savvy Caregiver** classes are led by a pair of trained facilitators to provide proven, professional-level training for the non-professional, family caregiver. The small group discussion format addresses the progressive impact of the illness and the skills needed to manage daily caregiver responsibilities.

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**St David's
FOUNDATION**