



# Caregiver Support

Fall 2023

## Caregiver Conversations

Groups meet at various locations and foster supportive conversations, allow you to share experiences, meet other caregivers, and ask questions. Led by a professional. **All meetings are now hybrid and can be attended either in-person or virtually.** Virtual participants will receive the program link via email after registration is complete.

### SourcePoint, 800 Cheshire Road, Delaware and ONLINE:

- Tuesday, Oct. 10, 10–11 a.m. or 6–7 p.m.
- Tuesday, Oct. 24, 10–11 a.m.
- Tuesday, Nov. 14, 10–11 a.m. or 6–7 p.m.
- Tuesday, Nov. 28, 10–11 a.m.
- Tuesday, Dec. 12, 10–11 a.m. or 6–7 p.m.
- Tuesday, Dec. 26, 10–11 a.m.

### Community Library, 44 Burrer Dr., Sunbury and ONLINE:

- Thursday, Oct. 19, 5:30–6:30 p.m.
- Thursday, Nov. 16, 5:30–6:30 p.m.
- Thursday, Dec. 21, 5:30–6:30 p.m.

## Caregiver Crash Course

All you need in the time you have: A half-hour video for new, current, and future caregivers that includes information on safety, falls, getting organized, legal information, community resources, and self-care.

Available at [MySourcePoint.org/caregiver-concepts](https://www.mysourcepoint.org/caregiver-concepts) or scan this code:



## Caregivers from the ♥

Living with the demands of caring for a loved one, this peer-led group seeks to provide encouragement and support for one another.

### SourcePoint, 800 Cheshire Road, Delaware:

- Mondays, Oct. 2 & 16, 9–10 a.m.
- Mondays, Nov. 6 & 20, 9–10 a.m.
- Mondays, Dec. 4 & 18, 9–10 a.m.

## Caregiver Drop-in Hours

### Mondays, Wednesdays, and Fridays, 10 a.m.–4 p.m.

Stop by or call for a private, one-on-one, confidential discussion with a caregiver support professional. Ask customer service for Brian Fox or call 740-203-2399.

## Caregiver Family Meetings

### Mondays, Wednesdays, and Fridays, 10 a.m.–4 p.m., online or in-person by appointment.

Family dynamics play a complex role in caregiving. Carving out time for a purposeful conversation between the person with care needs and those shouldering responsibilities has been shown to create positive outcomes. We can help facilitate these needed yet often difficult conversations. Schedule a time to help assess time and resources, temper expectations, and equitably delegate tasks. Ask customer service for Brian Fox, call 740-203-2399, or email [bfox@MySourcePoint.org](mailto:bfox@MySourcePoint.org).

Register at [MySourcePoint.org/caregiver](https://www.mysourcepoint.org/caregiver) or call 740-363-6677.

*More programs on reverse!*



800 Cheshire Road, Delaware, Ohio 43015 | 740-363-6677 | [MySourcePoint.org](https://www.mysourcepoint.org)

*SourcePoint's caregiver programs are funded in part by the Central Ohio Area Agency on Aging.*

# Caregiver Support Continued...

## Alzheimer's Association

Meet with an Alzheimer's Association care consultant to help address the issues that arise from dementias at every stage. To schedule an appointment, email [hladams@alz.org](mailto:hladams@alz.org) or call 614-643-2137.

### SourcePoint, 800 Cheshire Road, Delaware:

- Thursday, Oct. 5, 10 a.m.–2 p.m.
- Tuesday, Oct. 17, 10 a.m.–2 p.m.
- Thursday, Nov. 2, 10 a.m.–2 p.m.
- Tuesday, Nov. 14, 10 a.m.–2 p.m.
- Thursday, Dec. 7, 10 a.m.–2 p.m.
- Tuesday, Dec. 19, 10 a.m.–2 p.m.

## Care Partner Affirmations Writing Workshop *NEW!*

This 4-week journaling workshop is a chance for care partners to pass along the wisdom they have achieved—oftentimes through sheer trial and error—to a new generation of parents, spouses, children, and friends through the written word. Our finished work will be compiled and made available to current and future Delaware County caregivers. Open Mic Night to follow. All meeting times are hybrid and can be attended either in-person or virtually.

### SourcePoint, 800 Cheshire Road, Delaware and ONLINE:

- Thursdays, Oct. 5–26, 11 a.m.–noon.

## Grandparents as Parents Monthly Meetup *NEW!*

Join this casual group of older adults, holding space for other grandparents acting as second-time parents. This group aims to support one another through shared life experiences, as well as help individuals get connected with resources in their communities.

### SourcePoint, 800 Cheshire Road, Delaware:

- Fridays, Oct. 27 & Dec. 22, 11 a.m.–noon.



## Caregiver Recognition: Affirmations Open Mic

National Family Caregivers Month in November is dedicated to supporting caregivers as they care for others. Join the attendees of The Care Partner Affirmations Workshop as we recite our finished work, describing and defining all the ways there are to be a caregiver. Stick around after the readings to give your reactions to the writers and let them know if you saw a part of yourself in their stories.

### SourcePoint, 800 Cheshire Road, Delaware:

- Wednesday, Nov. 15, 6–7:30 p.m.

## Caregiver Recognition: Meal Delivery

National Family Caregivers Month in November is dedicated to supporting caregivers as they care for others. To honor the dignity you provide for your loved ones, we would like to hand deliver artisan sandwiches to your door! Select your dinner choices when you register, and we will deliver meals prepared by The Rutherford Cafe. **Register by Oct. 25!**

- Wednesday, Nov. 1, 4:30–5:30 p.m. delivery.

Register at [MySourcePoint.org/caregiver](https://MySourcePoint.org/caregiver) or call 740-363-6677.