



Caregiver Support

for family caregivers 55+ in Del. Co. or 18+ caring for someone 55+ in Del. Co. | Winter 2024

New to the Caregiver Program!

Activity Partner Program

Enrich your social connections with our activity partner program, designed to be mutually beneficial for caregivers, care receivers, and volunteers. Activity partners are matched with a fellow SourcePoint member whose interests and schedules align. Together, we plan time for the paired member and partner to spend with one another here in the building, participating in whichever art, learning, wellness, and social activities appeal to them, while the family caregiver participates in their own activities at SourcePoint. If you are interested, contact Brian at bfox@MySourcePoint.org or 740-203-2399.

Caregiver Groups

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 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, Jan. 9, 10–11 a.m. or 6–7 p.m.
- Tuesday, Jan. 23, 10–11 a.m.
- Tuesday, Feb. 13, 10–11 a.m. or 6–7 p.m.
- Tuesday, Feb. 27, 10–11 a.m.
- Tuesday, March 12, 10–11 a.m. or 6–7 p.m.
- Tuesday, March 26, 10–11 a.m.

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

- Thursday, Jan. 18, 5:30–6:30 p.m.
- Thursday, Feb. 15, 5:30–6:30 p.m.
- Thursday, March 21, 5:30–6:30 p.m.

Caregivers from the Heart

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

SourcePoint, 800 Cheshire Road, Delaware:

- Mondays, Feb. 5 and 19, 9–10 a.m.
- Mondays, March 4 and 18, 9–10 a.m.

Grandparents as Parents Monthly Meetup

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 experience as well as help individuals get connected with resources in their communities.

SourcePoint, 800 Cheshire Road, Delaware:

- Friday, Jan. 26, 11 a.m.–noon.
- Friday, March 22, 11 a.m.–noon.

United Way's Strengthening Families Hub, 74 W. William St., Delaware:

- Friday, Feb. 23, 11 a.m.–noon.

NAMI Family Support Group

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need. Offered by National Alliance of Mental Illness Mid-Ohio.

SourcePoint, 800 Cheshire Road, Delaware:

- Thursday, Jan. 11, 4:30–6 p.m.
- Thursday, Jan. 25, 4:30–6 p.m.
- Thursday, Feb. 8, 4:30–6 p.m.
- Thursday, Feb. 22, 4:30–6 p.m.
- Thursday, March 14, 4:30–6 p.m.
- Thursday, March 28, 4:30–6 p.m.

More programs on reverse!



800 Cheshire Road, Delaware, Ohio 43015 | 740-363-6677 | MySourcePoint.org

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

Parkinson's Support: Speech Therapy

A specialist from Delaware Speech & Hearing Center helps those with Parkinson's learn to speak louder and clearer. Participants are also welcome to discuss topics related to living with Parkinson's.

SourcePoint, 800 Cheshire Road, Delaware:

- Wednesday, Jan. 10, 2:30–3:30 p.m.
- Wednesday, Jan. 24, 2:30–3:30 p.m.
- Wednesday, Feb. 14, 2:30–3:30 p.m.
- Wednesday, Feb. 28, 2:30–3:30 p.m.
- Wednesday, March 13, 2:30–3:30 p.m.
- Wednesday, March 27, 2:30–3:30 p.m.

One on One

Alzheimer's Association Care Consultation by Appointment

Meet with an Alzheimer's Association care consultant to help address the issues that arise from Alzheimer's disease or other related dementias at every stage. To schedule an appointment for assistance with planning and problem solving, assessment of needs and supportive listening, email hlatibagos@alz.org or call 614-643-2137.

SourcePoint, 800 Cheshire Road, Delaware:

- Thursday, Jan. 4, 10 a.m.–2 p.m.
- Tuesday, Jan. 16, 10 a.m.–2 p.m.
- Thursday, Feb. 1, 10 a.m.–2 p.m.
- Tuesday, Feb. 20, 10 a.m.–2 p.m.
- Thursday, March 7, 10 a.m.–2 p.m.
- Tuesday, March 19, 10 a.m.–2 p.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, call 740-203-2399, or email bfox@MySourcePoint.org.

Caregiver Family Meetings

Mondays, Wednesdays, and Fridays, 10 a.m.–4 p.m., 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 portions of caregiver responsibilities has been shown to create positive outcomes. SourcePoint can help facilitate these much needed yet often difficult conversations. Schedule a time with SourcePoint's Caregiver Program Coordinator to help care partners assess time and resources, temper expectations, and equitably delegate tasks. To schedule an appointment, ask customer service for Brian Fox, call 740-203-2399, or email bfox@MySourcePoint.org.

Education

The 10 Warning Signs of Alzheimer's *HYBRID*

Tuesday, Jan. 23, 11:30 a.m.–12:30 p.m. This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

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 online at MySourcePoint.org/caregiver-concepts or by scanning this code:



Documentary and Discussion: Keys Bags Names Words *SPECIAL PRESENTATION*

Tuesday, Feb. 20, 2:30–5 p.m. Keys Bags Names Words is a quirky and inspiring lens portraying stories of the personal and global impacts of Alzheimer's disease and other forms of dementia. It follows a cohort of young scientists and artists from around the world as they harness every aspect of creativity, humor and compassion to lead the way towards hope and resilience. Following Tuesday's matinee, a panel of experts will be on hand to answer questions and platform the personal experiences of audience members. Discover resources relating to Alzheimer's dementia or just be seen and heard as a fellow care partner.

Powerful Tools for Caregivers *SPECIAL WORKSHOP*

Thursdays, Jan. 25 through Feb. 29, 1–2:30 p.m. This free, six-week workshop helps family caregivers develop tools and strategies to face the challenges of caregiving, including how to identify and reduce personal stress; communicate your own feelings, needs, and concerns; communicate in challenging situations; learn from your emotions; and master caregiving decisions. If you need on-site respite care, SourcePoint may be able to help while you are attending the class. Please call Brian at 740-203-2399 to check on availability.

Register at MySourcePoint.org/caregiver or call 740-363-6677.