



Summer Quarter 2024

CAREGIVER PROGRAMS & GRIEF SUPPORT

Free dynamic support for family caregivers 55+ in Delaware County or 18+ caring for someone 55+ in Delaware County.



CAREGIVER GROUPS

Caregiver Conversations

SourcePoint, 800 Cheshire Road, Delaware and Online:

Second and fourth Tuesdays, 10–11 a.m.
Second Tuesdays, 6–7 p.m.

Community Library, 44 Burrer Drive, Sunbury:
Third Thursdays, 5:30–6:30 p.m.

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

Caregivers from the Heart

First and third Mondays, 9–10 a.m.

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

NAMI Family Support Group **ONLINE**

First and third Tuesdays, 10–11:30 a.m.

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. Follow this secure link to join the discussion: <https://us04web.zoom.us/j/8316005725>

Grandparents as Parents Monthly Meetup

Fourth Fridays, 11 a.m.–noon.

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.

ONE-ON-ONES

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 professional caregiver support coordinator. These brainstorming sessions for caregivers may include but are not limited to:

- Critical thinking and help weighing the pros/cons of a decision.
- Communication techniques for effectively sharing your viewpoint.
- Help making space for other family members' viewpoints.
- Mentally/physically stimulating social engagement plans for care receivers.
- Setting realistic expectations and maintaining

your personal boundaries.

- Navigating formal supports through SourcePoint or community partners.
- Demystifying end-of-life conversations.
- Help distinguishing differing forms of healthcare proxy and power of attorney.
- Building confidence as a medical advocate for other's care.
- Journaling, creative expression, and help finding your outlet.
- Help selecting a support group that feels right for you.
- A listening ear, free from judgment or agenda.

Get the conversation started by contacting Brian at 740-203-2399 or 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.

Alzheimer's Assoc. Care Consultation by Appt.

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 Hannah Atibagos at hlatibagos@alz.org or call 614-643-2137.

- Tuesday, July 2, 10 a.m.–2 p.m.
- Tuesday, July 16, 10 a.m.–2 p.m.
- Thursday, Aug. 1, 10 a.m.–2 p.m.
- Tuesday, Aug. 20, 10 a.m.–2 p.m.
- Thursday, Sept. 5, 10 a.m.–2 p.m.
- Tuesday, Sept. 17, 10 a.m.–2 p.m.

OPPORTUNITIES FOR CARE RECEIVERS

Activity Partner Program

Enrich your social connections with our activity partner program, designed to be mutually beneficial for caregivers, care receivers and activity partner 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 participants in their own activities at SourcePoint. If you are interested, contact Brian at bfox@MySourcePoint.org or 740-203-2399.

Alzheimer's Assoc. Early-Stage Social Engagement Programming

Fridays, Aug. 9 and Sept. 13, 1–2:30 p.m.

The Alzheimer's Association offers programming for those in the early stage of Alzheimer's or another dementia and their care partners. This class allows individuals living with dementia to come together and socialize while expressing their creativity. Care partners are welcome to utilize this time for themselves. To participate in early-stage programming, an interview must be completed with an Alzheimer's Association Care Consultant to determine appropriateness. To learn more and schedule an interview, email Hannah Atibagos at hlatibagos@alz.org or call 614-643-2137.

Parkinson's Support: Speech Therapy

Second and fourth Wednesdays, 2:30–3:30 p.m.

A specialist from Delaware Speech and 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.

EDUCATION

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.

Dementia and Hearing Loss **NEW!**

Tuesday July 16, 1–2:30 p.m.

Join Delaware Speech and Hearing Center and the Alzheimer's Association for a joint presentation on the relationship between brain health and hearing. Licensed audiologists will be on hand for private screenings at no cost to individuals with hearing or memory concerns.

Aging Mastery Program for Caregivers **NEW!**

Wednesdays, July 10 through Sept. 25, 10:30–11:30 a.m.

The Aging Mastery Program® offers a comprehensive approach to aging well. The program combines classes with expert speakers, group discussion and goal setting to help older adults gain new skills to make small, meaningful changes in their lives. This 12-part class educates caregivers about the impacts of caregiving and also provides them with the tools they need to stay healthier and happier in the caregiving journey. The program consists of the standard AMP core curriculum bookended with two classes specifically designed to address caregiver concerns.

Alzheimer's Association: The Empowered Caregiver **NEW!**

Tuesdays, July 23 and Aug. 27, 11:30 a.m.–1 p.m.

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

July 23: Building Foundations of Caregiving. Explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Aug. 27: Supporting Independence. Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

GRIEF SUPPORT

Grief Support: Living Beyond Loss

Second and fourth Tuesdays, 2–3 p.m.

Provides dynamic support for those dealing with loss and empowers members to steer the conversation. Rediscover yourself, regain a sense of identity, and build your support system.

Care, Share, and Connect

Mondays, 12:45–2 p.m.

We experience different losses in life—loved ones, pets to things or illnesses in our everyday lives. Come share or listen as topics are discussed with Facilitator RJ Jones.

Coping with Grief: You are Not Alone **NEW!**

Mondays, July 8 through Aug. 26, 5:30–7 p.m.

This is an eight-week interactive support group to help you in your understanding of grief, coping, and working towards healing. Facilitator Julie Pack applies her personal, professional, and volunteer experience to create a safe and welcoming space for all to share in whatever way is most comfortable. Weekly sessions consist of helpful activities and thought exercises to guide you through your personal grief journeys.

