

Fairhill Partners Family & Kinship Caregiver Resources - 2010

“Caregiver stresses and burdens, joys and opportunities are universal regardless of the situation and can be shared in a variety of ways. Our programs bring practical tools together in managing caregiving situations. In 2010 you’ll see a lot of integrated programming.” **Stacey Rokoff, Director, Successful Aging Programs**

Family caregivers provide care for loved ones such as attending doctor’s appointments, filling medications, home care assistance and more. Kinship caregivers are grandparents or other older adult relatives raising non-biological children.

FOR THE CAREGIVER IN YOU - AN INTRODUCTION TO CAREGIVING

Caregiving 101—professionals from the community talk about core caregiving techniques such as community resources, financial and legal advice, stress management and more.

Registration required.

Tuesdays, May 4-May 25, 1:00-3:00 p.m.
Tuesdays, June 8-June 29, 1:00-3:00 p.m.
Tuesdays, Sept. 7-Sept. 28, 1:00-3:00 p.m.
Tuesdays, Oct. 5-Oct. 26, 1:00-3:00 p.m.
Tuesdays, Nov. 2-Nov. 30, 1:00-3:00 p.m.
Tuesdays, Dec. 7-Dec. 28, 1:00-3:00 p.m.

Cost: No Charge (valued at \$250)

Donations Appreciated

Light refreshments provided

CAREGIVER DANCE CLASS (NEW!)

Join other caregivers for fun and exercise.

Thursdays, 9:30-11:30

Mar. 25 Apr. 22 May 27

Apr. 8 May 13 June 10

Cost: No Charge

Donations Appreciated

ASSISTIVE TECHNOLOGY TOURS

Not sure how to adapt your home to an older person’s needs? Try out products and home enhancements that make life easier! Townhouse 4 has a selection of these items on display and for demonstration.

Cost: No Charge

Appointments Required

MONTHLY CAREGIVER SUPPORT GROUP

Peer to peer mentoring by fellow caregivers supplemented by education and information sharing. Open to all caregivers.

Thursdays, 11:00-2:00

11:00-12:30 Family caregivers

12:30-2:00 Kinship caregivers

All are welcome to stay for both sessions!

Mar. 25 June 10 Aug. 26 Nov. 11

Apr. 8 June 24 Sept. 9 Dec. 9

Apr. 22 July 8 Sept. 23

May 13 July 22 Oct. 14

May 27 Aug. 12 Oct. 28

Cost: No Charge

Donations Appreciated

Light lunch included

NEW TIME! FAIRHILL BREAKFAST CLUB

New topics, new day, new spread, same place! Join other caregivers and professionals for timely, relevant, practical information on successful aging.

Thursdays, 10:30-1:00

Apr. 15 July 15 Oct. 21

May 20 Aug. 19 Nov. 18

June 17 Sept. 16 Dec. 16

Cost: \$6.00 (includes brunch)

No charge for caregivers

CEUs available for an extra charge

Made possible in part by The Older Americans Act Family Caregiver Support Program Grant from the Ohio Dept. of Aging through Western Reserve Area Agency on Aging, a grant from the Saint Luke’s Foundation and gifts to the Fairhill Annual Fund

To register for classes or workshops, to schedule an individual counseling session, or to coach or instruct at a caregiver program, call Vince Tillman at 216.421.1350, ext. 113.

Fairhill Partners Family & Kinship Caregiver Resources - 2010

INDIVIDUAL CAREGIVER COUNSELING

Meet one-on-one with a licensed social worker and discuss your caregiving situation. Whether you need assistance navigating through community resources, developing next steps or simply talking to someone who understands - this hour is yours!

Cost: No Charge

Appointments Required
Donations Appreciated

CAREGIVER CLOSET

Filled with wheelchairs, walkers, crutches and other items for caregivers to borrow as needed. The closet needs donations and someone to sort and organize monthly.

Cost: No charge

Appointments Required
Wheelchair/Walker etc.
Donations Accepted

CAREGIVER FAMILY DAYS

Something for everyone. Adult and teen workshops, children's activities, adult support groups, brunch and take home resources. Saturdays, 11:00-2:00

Apr. 17 July 17 Nov. 20

May 15 Aug. 21

June 19 Sept. 18

Cost: No charge

Donations Appreciated
Brunch included

KINSHIP KIDS CLOTHES CLOSET

Clothes for kids shared by other kinship caregivers. Call to arrange a time to visit the clothes closet.

Cost: No charge

Appointments Required
Clothing Donations Accepted

TEEN LEADERSHIP PROGRAMMING

Helps teens learn effective ways to communicate, teen building skills, conflict resolution and cultural awareness.

Opportunities vary from jobs as teen counselors at our Kin Kids Summer Camp to college trips for future planning. **Spring Teen Leadership Camp Days are April 7 and 24; May 1, 8, and 22.** Note: Teens **must** attend 3 of the 5 dates to be considered for summer camp counselors.

Call for details about registration

Cost: No charge

Lunch and Bus Passes Provided

SAVE THE DATES!

2010 Kinship Kids Camp

Week 1 (6-8 year olds):

August 3 to 6 from 10:00am-3:00pm

Week 2 (9-12 year olds):

August 10 to 13 from 10:00am-4:00pm.

We will send registration letters to families this spring.

Kinship Clothing Drive

Wednesday, Aug. 11

National Council of Jewish Women will help provide back-to-school clothes for kinship children.

Care Fair Series

Health and Safety Fair

Thursday, May 6, 2010

1:00-6:30 p.m.

Learn medication management, food safety, and finding the healthy balance. More than 20 exhibitors sharing information and advice.

Free admission, refreshments, door prizes.

Free respite and child care available with advance notice.

Registration required.

3-4 CEUs — \$30

Presented by Fairhill Partners in partnership with Huron Hospital

To register call Vince Tillman at 216.421.1350, ext. 113.

Do you see yourself as a volunteer at Fairhill's caregiver programs? If you do, please call Vince Tillman at 216.421.1350, ext. 113, to discuss how YOU can make a difference.