



## Fairhill Partners' Caregiver Support Programs

Caregivers provide care and support to adult family members or friends who are frail, chronically ill or have a disability. One in every four people is a family caregiver, caring for spouses, adult children, relatives and friends.

**Caring for someone dear to you? You are a caregiver! Fairhill's School for Caregivers provides education, community resources and support - tools you need to be a successful caregiver.**

### **FOR THE CAREGIVER IN YOU - AN INTRODUCTION TO CAREGIVING**

Course is six 2.5 hour classes, once a week.

Cost: No charge (a \$250 value)  
Donations appreciated  
Light refreshments provided

[Call now for upcoming class dates](#)

### **FAIRHILL CAREGIVERS CLUB**

Provides education and discussion with a different focus each month. Open to all caregivers. Join the Club! Classes meet in the Townhouse Care Center.

Cost: No charge  
Donations appreciated  
Light refreshments provided

[Call now for upcoming Club dates](#)

### **ONGOING EDUCATION**

These are ongoing programs open to all caregivers with valuable education and information. These are opportunities to build caregiver skills.

Breakfast Club  
Care Fairs  
A Matter of Balance  
Chronic Disease Self Management  
Computer Learning Center

### **CAREGIVER CLOSET**

Filled with wheelchairs, walkers, crutches and other items for caregivers to borrow as needed. The closet needs donations and a volunteer to provide monthly sorting and organization.

Cost: No charge  
Appointment required  
Donations appreciated

### **MONTHLY CAREGIVER SUPPORT GROUP**

Geared to busy weeks and working caregiver schedules. Peer to peer mentoring by fellow caregivers supplemented by education and information sharing. Open to all caregivers. Sessions meet in the Townhouse Care Center.

Cost: No charge  
Donations appreciated  
Light refreshments provided

[Call now for upcoming Group dates](#)

### **ASSISTED TECHNOLOGY TOURS**

Not sure how to adapt your home to the needs of an older person? Want to try out a range of products and home enhancements that make life easier? Townhouse 4, on the Fairhill campus, has a selection of these items on display and for demonstration.

Cost: No charge  
Appointment required  
Donations appreciated

### **INDIVIDUAL CAREGIVER COUNSELING**

Your time to 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  
Appointment required  
Donations appreciated

**Call Successful Aging Programs at 216.421.1350, extension 113 to register, schedule a tour or individual counseling session.**