



MONTHLY CAREGIVER WORKSHOPS

March – “Think First to Prevent Falls”

New Castle: March 20th

Georgetown: March 21st

Kathy Boyer, MSN, RN from Christiana Hospital will present the first in a series of four workshops on fall prevention. Falls are a leading cause of injury, and if YOU, the caregiver fall and injure yourself, who will take care of your loved one? Kathy will get you thinking about how to prevent falls in and around your home for both your loved one and you.

April – “Environmental Modifications – Make Your Home Safe to Prevent Falls”

New Castle: April 17th

Georgetown: April 18th

As the CDC recommends, environmental modifications to your home is one way to prevent falls. In part two of our Fall Prevention series, Adam Samuel, ATP, CAPS of Avenue Medical Construction, will discuss ways to make your home, or your loved one’s home, safer and address fall risks.

May – “Exercise to Prevent Falls”

New Castle: May 15th

Georgetown: May 16th

The third workshop in our series on Fall Prevention focuses on general exercise, flexibility and strengthening. Join Physical Therapists from the University of Delaware to learn why exercise is important to help you move more confidently and prevent falls in your home and in the community.

June – “Managing Your Medication to Prevent Falls”

New Castle: June 19th

Georgetown: June 20th

The final workshop in this series focuses on managing medication. Learn from Joli Martini, PharmD, CGP how medications impact falls, which medications may increase your risk for falls, the importance of taking medication at the right time, and understanding how medications interact to influence fall risk.

July – “Social Security 101”

New Castle: July 17th

Georgetown: July 18th

Always a popular workshop, Social Security 101 is presented by Matthew Baxter, Public Affairs Specialist with Social Security. Come learn the basics of Social Security such as, retirement and survivor benefits, Social Security and Medicare, and the new online services to help you access your Social Security benefits more easily.



August – “Parenting the Second Time Around – Working with Your Grandchild’s School”

New Castle: August 21st Georgetown: August 22nd **Dover: August 20th

Are you a grandparent or other non-parent relative taking care of a school-age child? Working with the school is different now than it was when you were raising your children, especially if your grandchild has special needs. Meedra Surratte, Executive Director of Parent Information Center, will help you learn ways to work with the school staff to meet the needs of your grandchild.

Easterseals/DSAAPD Annual Caregiver Conference

August 28, 2019 9 am – 3 pm