



OCTOBER CLASSES

All classes are free
and open to the public.

Managing Challenging Behaviors of Dementia I

October 5th 2:00 - 3:30pm Caregiving can become more complicated by dementia-related behaviors. In this class, caregivers will learn a three-point approach to address challenging behaviors such as wandering, repetitive questions, agitation and other behavioral symptoms. This class will be held at Home Aides of CNY, 723 James Street, Syracuse.

Managing Challenging Behaviors of Dementia II

October 12th 2:00 - 3:30pm This class will actually discuss and give information on how to handle specific behaviors with which class members need assistance. Note: Taking *Managing Challenging Behaviors of Dementia: Part I* is a prerequisite for taking this class. This class will be held at Home Aides of CNY, 723 James Street, Syracuse.

The Impact of Aging

October 14th 5:30 - 7:00pm

What happens to us as we age? Learn about the process of aging and how it affects our minds and bodies. Explore the changes and needs that older persons and their family caregivers experience on this life journey. The instructor for this class is a Nurse Practitioner at Upstate Medical University in the Division of Geriatrics. There will be ample time for questions and answers after the presentation. This class will be held at Home Aides of CNY, 723 James Street, Syracuse.

New to Medicare?

October 21st 5:30 - 7:00pm

Confused by the numerous Medicare plans and options available to you? This course offers an overview of Medicare for people entering the program. Topics will include supplemental insurances, prescription drug plans, Medicare Advantage plans, EPIC and more. This class will be held at Loretto's Cunningham Building, 700 East Brighton Avenue, Syracuse.

When You No Longer Can

October 26th 5:30 - 7:00pm

Four family caregivers discuss the problems they encountered in their caregiving experiences, share the emotions they felt and the lessons they learned on their caregiving journey. They will provide some answers to the often asked question: "What happens when I no longer can...?" This class will be held at the United Church of Christ in Bayberry, 215 Blackberry Road, Liverpool.

For more information or to register, please contact the Department of Aging & Youth
(315) 435-2362 ext. 140 or ext. 139 www.ongov.net/ay



ONONDAGA COUNTY DEPARTMENT OF
AGING AND YOUTH

alzheimer's  association