

UK Elder Care Events - Spring 2016

UK Elder Care is pleased to present these **2016 Spring events**. Bring your lunch and learn about important topics. Each **FREE** session requires pre-registration and is open to UK Faculty, Staff, Retirees, Spouses, and Sponsored Dependents. Space is limited.

WEDNESDAY, FEBRUARY 17

Caregiver Support Group - Is It Groundhog Day? Another Day in the Life of a Caregiver

W.T. Young Library Keeneland Room 12:10 p.m. - 12:50 p.m.

Routine is an effective way to care for loved ones with dementia and other health issues. Unfortunately, too much repetition can leave a caregiver feeling like Bill Murray's character in the movie Groundhog Day. Hear from **Terri Weber, UK Elder Care Coordinator**, as she suggests ideas and strategies to get out of a caregiving rut.

WEDNESDAY, FEBRUARY 24

Lunch & Learn - Don't Blame It on Aging

W.T. Young Library Gallery Room 12:10 p.m. - 12:50 p.m.

Dr. Nancy Stiles from the UK Geriatric Clinic is one of the few board-certified, fellowship-trained geriatricians practicing in Kentucky. Hear from Dr. Stiles as she talks about the aging process, functional decline and monitoring of your overall health.

TUESDAY, MARCH 8

Lunch & Learn - VA Benefits: Aid & Attendance

W.T. Young Library Gallery Room 12:10 p.m. - 12:50 p.m.

Lee Gordley, Veterans Benefits Field Representative from the Kentucky Department of Veterans Affairs, will discuss the largely unknown Aid & Attendance Program. This program is a pension benefit and not dependent on service related injuries and is often overlooked by many families who need additional funds to help offset the cost of caring for their older loved ones.

TUESDAY, MARCH 24

Caregiver Support Group - What Is the Right Choice for Your Loved One: Home Care, Adult Day Care or Placement?

W.T. Young Library Gallery Room 12:10 p.m. - 12:50 p.m.

Tonya Cox, Executive Director of Home Place at Midway, will be with us to discuss the differences between community supported home care and placement. The Homeplace at Midway is Kentucky's first Green House Residence, which is designed to make a residence look and feel just like home, complete with all the comforts home provides.

THURSDAY, APRIL 7

Lunch & Learn - Letting Go of the Reins

W.T. Young Library Gallery Room 12:10 p.m. - 12:50 p.m.

Marie Smart, Family Care Specialist at the Sanders-Brown Center on Aging, will talk about helicopter children, those who hover over their parents not allowing them to do what they are still able to do. Keeping a close eye on aging loved ones is natural and necessary, but hovering too closely can cause problems too. Learn how to strike a balance between caring and overbearing.

For more information and to register for these events, visit www.uky.edu/hr/work-life/elder-care

Wednesday, April 20

appointments from 11:30 a.m. - 1:30 p.m.

2nd Fl. Commonwealth House, 226 E. Maxwell Street

Gaines Center for the Humanities

what is it?

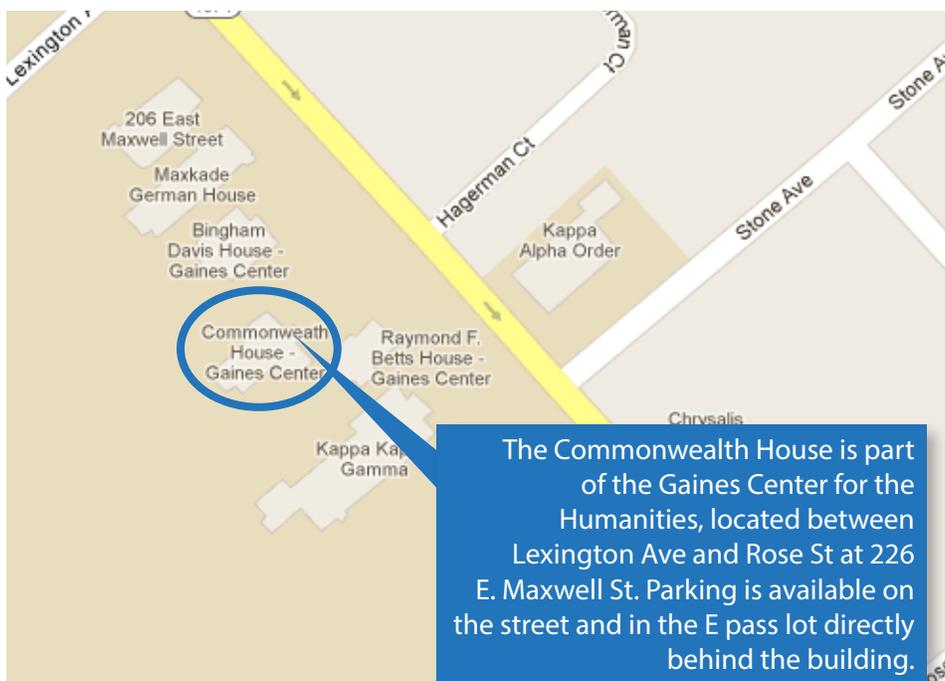
The Virtual Dementia Tour® is a unique simulation that allows participants to experience life through the eyes of their friends and loved ones who have dementia or Alzheimer's Disease.

how do i participate?

An appointment is required.

Call 859-323-4600 or e-mail terri.weber@uky.edu to schedule an appointment. Participants can expect to spend about 30 minutes at the simulation.

To learn more, visit www.uky.edu/hr/eldercare.



VIRTUAL DEMENTIA TOUR™
YOUR WINDOW INTO THEIR WORLD

The Virtual Dementia Tour® is a product of the nonprofit Second Wind Dreams®, which strives to enhance the lives of elders. It was authored and created by P.K. Beville, M.S., a geriatric specialist and national speaker who has been working with elders since 1983.