

UK Elder Care Events - Fall 2015

UK Elder Care is pleased to present these **2015 Fall 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, SEPTEMBER 16

Caregiver Support Group - When is it Time to Consider Placement?

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

Marie Smart from the Sanders-Brown Center on Aging will discuss things to consider when deciding whether or not to place your loved one into a care facility. How do you know when it is time to consider placement? How do you cope with the stress and guilt that accompanies this decision? This will be one of the most difficult decisions you will ever make, but sometimes it's best for the health and happiness of all parties involved. Please join us to learn more about taking that next step.

WEDNESDAY, OCTOBER 21

Caregiver Support Group - A Caregiver's Perspective

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

Cindy Cline, a caregiving advocate, will share the journey of emotions she experienced in three short years as she cared for her parents after they moved from New York State to Lexington in December 2011. Ms. Cline will discuss the ups, downs and unexpected curves of navigating through the many issues involved with elderly parents such as housing, health care, finances, nursing facilities, siblings and funerals.

TUESDAY, OCTOBER 27

Lunch & Learn - Caregiving thru Love, Life, and Death

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

Dr. Kristy Deep, Director, UK HealthCare's Palliative Care Service will be with us to discuss caregiving for a loved one thru the final stages of life - a difficult but important topic. Dr. Deep will focus on maintaining and enhancing the quality of life for both the caregiver and their loved one. Together we'll discuss the emotional, spiritual, physical, and social aspects of this journey for everyone involved.

THURSDAY, NOVEMBER 5

Lunch & Learn - Understanding Dementia Behaviors

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

As part of November being National Caregiver and National Alzheimer's Disease Awareness Month, we are happy to welcome **April Stauffer from the Alzheimer's Association**. Alzheimer's disease and other dementias cause people to act in different and unpredictable ways leading to misunderstanding, frustration and tension between the caregiver and their loved one. Join us as Ms. Stauffer will discuss ways to respond to these new and challenging situations.

WEDNESDAY, NOVEMBER 18

Caregiver Support Group - Caring for the Caregiver

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

Being a caregiver is a stressful and demanding job. Caregivers are susceptible to depression, illness, physical and emotional exhaustion, and decline in quality of life. Join us as we welcome **Esther Hurlburt from ParentCare Kentucky** and learn some tricks of the trade to take responsibility for your personal well-being and get your own needs met while caring for a loved one.

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

