

What to expect

For all programs

- Plan to attend all sessions
- Held in community locations such as senior centers, churches, libraries, etc. or via an online platform, like Zoom. A phone based option may be available for PATH programs.
- Ideal group size is 8-12
- Led by trained facilitators
- Highly participative and interactive
- Free of charge but donations are accepted



How do I find more information or register?

- Pre-registration is required
- To register, call 517-887-1465
- Programs are offered throughout the year in Clinton, Eaton, and Ingham Counties and via an online platform, like Zoom
- For a full program schedule visit www.tcoa.org/classes/evidence-based-programs

Tri-County Office on Aging

5303 S. Cedar St. Building #1
Lansing, MI 48911

Main line: 517-887-1440

Toll-free: 800-405-9141

Web site: www.tcoa.org

TCOA is an equal opportunity employer. Federal and state funds are provided through the Health and Aging Services Administration Bureau of Aging, Community Living, and Supports of the Michigan Department of Health and Human Services.



Wellness and Caregiver Programs

Tri-County Office on Aging offers several programs to help keep seniors active and healthy



Our mission is to promote and preserve the independence and dignity of the aging population



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Matter of Balance

A Matter of Balance: Managing Concerns about Falls is an award winning program designed to teach older adults how to overcome their fear of falling. The workshop meets **2 hours per week for 8 weeks** and includes discussion and low-impact strength and balance exercises.

Who should attend?

- ⇒ Anyone concerned about falls
- ⇒ Anyone who has fallen in the past
- ⇒ Anyone who has restricted their activities because of falling concerns



TCOA works with the YMCA of Lansing and other community partners who provide Enhance®Fitness (EF), a fitness program geared toward improving the overall functional fitness and well-being of primarily older adults. For more information visit www.tcoa.org.



Personal Action Toward Health
for chronic pain or diabetes

PATH

Diabetes PATH and Chronic Pain PATH

Diabetes PATH (Personal Action Toward Health) and Chronic Pain PATH workshops are award winning programs that were developed by Stanford University. Both workshops meet for **2.5 hours per week for 6 weeks**.

Topics include:

- ⇒ Depression Management
- ⇒ Stress and Relaxation Techniques
- ⇒ Communication
- ⇒ Healthy Eating
- ⇒ Physical Activity and Exercise
- ⇒ Working with your Healthcare Provider
- ⇒ Making Decisions
- ⇒ Action Planning and Goal Setting

Topics specific to Diabetes PATH include but not limited to Meal Planning, Preventing or Delaying Complications, Foot Care, and Sick Days.

Topics specific to Chronic Pain PATH include but not limited to Pacing and Planning, The Mind-Body Connection, Distraction Techniques, and the Moving Easy Program.

Powerful Tools for Caregivers and Creating Confident Caregivers®

Powerful Tools for Caregivers and Creating Confident Caregivers® both include information on community resources and are not intended for professional caregivers.

Powerful Tools for Caregivers

- ⇒ Meets for **2.5 hours per week for 6 weeks**
- ⇒ Designed for anyone caring for a family member or friend
- ⇒ Focuses on self-care to reduce personal stress, anger, guilt, depression, etc.
- ⇒ Topics include: taking care of you, personal stress, communication, making decisions, setting goals, etc.
- ⇒ Caregiver does not have to live with the person they care caring for

Creating Confident Caregivers®

- ⇒ Meets for **2 hours per week for 6 weeks**
- ⇒ For caregivers of those with Dementia
- ⇒ Focuses on Dementia and Dementia-specific related care
- ⇒ Topics include: Dementia and it's effect on the brain, improving caregiving skills, etc.
- ⇒ Care receiver cannot live in a facility providing 24 hour care

Powerful Tools
FOR Caregivers

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CREATING CONFIDENT CAREGIVERS®