

2025 Education

Class Descriptions

ABCs of a Successful Doctor Visit

Have you ever left your doctor's office wishing you could have more time? In today's primary care visit, time is short and there are many issues to cover. How can you be effective and respectful of your doctor's time and get answers you want? This session explores how to make the most of your doctor visit by reviewing important ways people can be prepared by applying common health advocacy skills.

Brain Health & Aging

The brain is our most complex organ. It is also one of the most important. That's why trying to keep it healthy is critical now, and as we age. Join us as we learn about the basics of brain health, including ways to promote healthy aging and reduce potential threats to brain health.

Day to Day Caregiving Skills

Caring for a loved one at home? Would you like to learn some practical skills and tips for helping with day-to-day personal care? In this class we will talk about activities of daily living, creating routines, incontinence issues, equipment and assistive devices, nutrition, community resources and more.

Dementia Caregiving

Caring for someone with dementia? Join us for some tips related to dementia caregiving. We will talk about what dementia is, ideas on preparing for the road ahead, developing our caregiver tool boxes, communication issues and creating routines.

Legal & Financial Issues

Ever wonder what it means to "Get your affairs in order"? Confused by the different names of financial and healthcare documents? Join us for an overview of legal and financial planning. This class will help you learn how to choose a decision maker, how to make your choice "official," and how to share your wishes with others. You will learn about powers of attorney, advance care planning, POLST forms, trusts and wills and other resources to help you get started.

Powerful Tools for Caregivers 6 Week Workshop

Powerful Tools is a six-week workshop open to spouses, partners, adult children, and friends caring for a loved one at home. Classes provide you with tools and tips to better handle the unique challenges you face. Learn to: reduce personal stress, communicate effectively, deal with difficult feelings, and more.

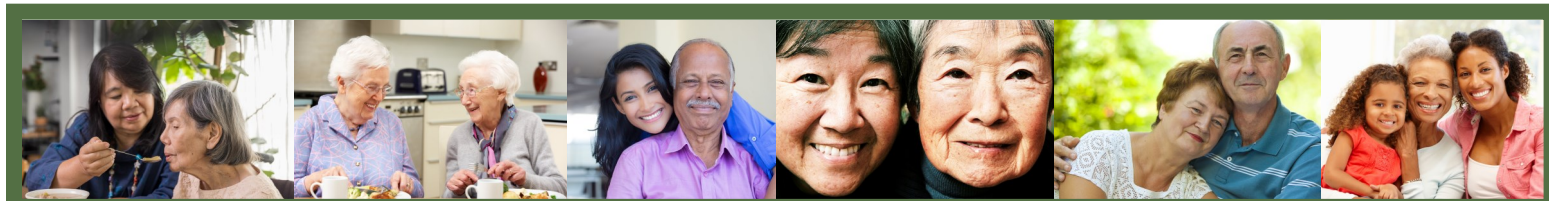
Staying Well: Emotional Wellness

Developing and maintaining wellness is a lifelong journey. In this workshop you'll learn skills to evaluate and improve emotional wellness, understand the connection between your emotions and other aspects of your life, manage your feelings, build a strong support system, and cope with changes and challenges.

Taming the Medicine Cabinet

The majority of Americans take at least one medication, and 20% take five or more. Keeping track of your medications can be challenging. Join us as we explore some of the common causes of medication errors and challenges that most people face. We will also identify practical tips that anyone can use, including how to take back medications that are expired or no longer needed.

See reverse side for class schedule



2025 Education Schedule

Registration is required for all classes. There are deadlines for registration.

Event/Program	Date	Time	Location
ABC's of a Successful Doctor's Visit	Friday May 23 October 24	12-2p	Area Agency on Aging and Disabilities of Southwest Washington 201 NE 73 rd Street Vancouver, WA 98665
Brain Health & Aging	Friday March 28 Sept. 26	12-2p	Area Agency on Aging and Disabilities of Southwest Washington 201 NE 73 rd Street Vancouver, WA 98665
Day-to-Day Caregiving	Friday February 7 August 8	12-2p	Area Agency on Aging and Disabilities of Southwest Washington 201 NE 73 rd Street Vancouver, WA 98665
Dementia Caregiving	Friday March 7 Sept. 5	12-2p	Area Agency on Aging and Disabilities of Southwest Washington 201 NE 73 rd Street Vancouver, WA 98665
Legal and Financial Issues	Friday February 28 June 27	12-2p	Area Agency on Aging and Disabilities of Southwest Washington 201 NE 73 rd Street Vancouver, WA 98665
Powerful Tools for Caregivers	Tuesdays May 6 – June 10 July 29 – Sept. 2	2-3:30p	The Park at University Village 2735 NE 134 th Street Vancouver, WA 98686
Staying Well: Emotional Wellness	Friday April 11 October 10	12-2p	Area Agency on Aging and Disabilities of Southwest Washington 201 NE 73 rd Street Vancouver, WA 98665
Taming the Medicine Cabinet	Friday April 25 July 11	12-2p	Area Agency on Aging and Disabilities of Southwest Washington 201 NE 73 rd Street Vancouver, WA 98665

To register, contact AAADSW's Aging & Disability Resource Center
at **360-694-8144** or **ClarkADRC@dshs.wa.gov**.