

# 2025 Education

## Class Descriptions

Event/Program	Date	Time	Location
<p><b>Powerful Tools for Caregivers</b>                      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 your face. Learn to: reduce personal stress, communicate effectively, deal with difficult feelings, and more.</p>	<p>Tuesdays                      March 18th -                      April 22nd</p>	<p>2-3:30p</p>	<p>Area Agency on Aging &amp; Disabilities                      of SW WA                      1338 Commerce Ave Ste # 309                      Longview, WA 98632</p>
	<p>Tuesdays                      Sept. 9th -                      Oct. 14th</p>	<p>2-3:30p</p>	<p>YMCA of SW WA                      766 15th Ave Longview, WA 98632</p>
<p><b>Dementia Caregiving</b>                      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.</p>	<p>Friday                      May 9th</p>	<p>12-2p</p>	<p>YMCA of SW WA                      766 15th Ave Longview, WA 98632</p>
<p><b>Fall Prevention Workshop</b>                      Are you a Senior who wants to stay independent? A Family Caregiver who wants to protect your loved on from falling? This STEADI (Stopping Elderly Accidents, Deaths and Injuries) fall prevention workshop will teach you the importance of home safety, talking with medical providers, what contributes to fall risk and what contributes to fall prevention.</p>	<p>Friday                      Aug. 22nd</p>	<p>12-2p</p>	<p>YMCA of SW WA                      766 15th Ave Longview, WA 98632</p>
<p><b>Day to Day Caregiving Skills</b>                      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.</p>	<p>Friday                      Oct. 17th</p>	<p>12-2p</p>	<p>YMCA of SW WA                      766 15th Ave Longview, WA 98632</p>

To register, contact AAADSW's Aging & Disability Resource Center at 360-501-8399 or [CowlitzADRC@dshs.wa.gov](mailto:CowlitzADRC@dshs.wa.gov).

