

AARP®

Real Possibilities

Are You One of North Carolina's 1.2 Million Caregivers?

You may say no initially, even if the answer is truly yes.

Many caregivers do not identify as such, they are family members, friends and neighbors doing the best they can to "make it work."

Answer these questions to see if you are a caregiver:

Do you have an aging parent, child with special needs or someone that needs care?

Do you have a loved one who is being taken care of someone else because you are not near them?

Do you help a loved one with basic tasks like preparing meals, bathing and/or providing medication?

Do you have very little time for your own needs because you are caring for someone else full time?

Are you worried about a loved one and/or trying to talk with a loved one about their future needs but don't know where to start?



Caring for a loved one is one of the most important and complicated roles you will play. If you are beginning to assist someone or you are taking care of a family member full-time, learn tips to make caregiving easier.

AARP has many free resources to assist you. Visit www.aarp.org/caregiving/ for more information or attend one of the caregiving classes listed.

aarp.org/iheartcaregivers

Powerful Tools for Family Caregivers

Tuesdays, March 6 through April 10

1:30 – 3:00 p.m. at Maple Leaf Adult Respite Care, 63 Elmwood Way, Ste. C100, Waynesville, NC 28786

This interactive 6-week workshop is designed to empower family caregivers to take care of themselves while caring for a relative or friend. You will benefit from this class if you need to find more time for you while caring for someone who lives at home, in a nursing home, or across the country.

Registration and Information:
Kim Dickens (828) 337-2359;
Gregory Wheeler (828) 279-7087;
aarp.cvent.com/PowerfulToolsWaynesville

Prepare to Care

Wednesday, March 14

5:15 – 6:15 p.m. at Woodfin Family YMCA, 40 N. Merrimon Ave. #101, Asheville, NC 28804

This class includes information on how to have vital conversations with older family members, organize important documents, assess your loved one's needs and locate important resources. It provides simple, straightforward information and checklists that help guide family conversations.

Registration and Information:
aarp.cvent.com/CaregiverWoodfinYMCA;
call 877-926-8300



I ♥ Caregivers
AARP Real Possibilities

Contact Rebecca Chaplin, rchaplin@aarp.org
or (828) 380-6242, for more information.

Real Presence, Real Possibilities AARP in Your Community

Upcoming Real Possibilities

Experience Works Job Fair

Thursday, March 15

10 a.m. – 1 p.m. at NC Works Career Center Asheville, 48 Grove Street, Asheville, 28801

aarp.cvent.com/ExperienceWorksMarch2018

Coffee with a Transportation Planner

Wednesday, March 21

10 – 11 a.m. at Ivory Rd. Café & Kitchen, 1854 Brevard Rd., Arden, NC 28704

Our region is growing, we need enhanced transportation. It's not just us, it is our whole nation. Come join a few planners to discuss and to think. Or, if nothing better, come grab a free drink.

aarp.cvent.com/CoffeeTransportationArden, or call (828) 251-7453

Social Media For Seniors

Monday, March 26

9 – 10 a.m. at Ferguson Family YMCA, 31 Westridge Market Pl., Candler, NC 28715

Get the most from social media by connecting with people and topics you care about. Social Media 101 is here to introduce you to communication tools, including Facebook, Instagram, LinkedIn, Pinterest, and Twitter.

Register at: aarp.cvent.com/SocialMediaCandler, or call 877-926-8300

HomeFit

Tuesday, March 27

3 – 4:30 p.m. at Mission Pardee Health Campus, 2775 Hendersonville Road, Arden, NC 28704

Join us for a practical, energizing overview of simple steps you can take to identify modifications that will assure your home is safe and accessible. An AARP HomeFit workshop can help you make where you live a life-long home that's comfortable, safe, and a great fit! Trained facilitators Sheila O'Connor and Gretchen Batra will lead this session.

Register at: aarp.cvent.com/HomeFitFletcher, or call 877-926-8300

Fraud Watch Presentation

Wednesday, March 28

5 – 6:15 p.m. at Woodfin Family YMCA, 40 N. Merrimon Ave. #101, Asheville, NC 28804

Every two seconds someone's identity is stolen. But you can take steps to protect yourself. Join us at our Operation Stop Scams event to fight back against fraud! Attendees will receive the AARP Watchdog Alert Handbook that offers tips and phone numbers to help YOU fight fraud and scams.

Register at: aarp.cvent.com/FraudWatchWoodfin, or call 877-926-8300



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