

# Durham Center for Senior Life

## Family Caregiver Support Program

406 Rigsbee Avenue, Suite 202, Durham, NC 27701



919-688-8247 x 103



ncarrington@dcsln.org



[www.dcsln.org](http://www.dcsln.org)



DCSLNC



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### Alzheimer's Association Male Caregiver Support Group

Meets every 1<sup>st</sup> Monday of the Month

**Mon. Sep. 2, 2024 at 10AM**

*Cancelled due to Labor Day*

Onsite in the DCSL Classroom

### Stroke Peer Support Group

Meets every 1<sup>st</sup> Monday of the Month

**Mon. Sep. 2, 2024 at 1PM**

*Cancelled due to Labor Day*

Onsite in the Volunteer Room

### Grief Peer Support Group

Allows people experiencing grief to share their stories and a meal.

**2<sup>nd</sup> & 4<sup>th</sup> Tuesdays at 1PM**

Onsite in the DCSL Classroom

### DCSL Family Caregiver Support Group

Meets every 2<sup>nd</sup> Thursday of the month.

**Thurs. Sep. 12, 2024 at 12:30PM**

Onsite in the DCSL Boardroom

Greetings Caregiver Community,

As we step into September, it's an ideal time to focus on Fall Prevention Month and the vital role caregivers play in keeping their loved ones safe. Falls are a significant concern for older adults, often leading to serious injuries and a decrease in independence. As a caregiver, you can take proactive steps to mitigate these risks such as:

**Assess the home environment:** Ensure floors are free of clutter, install grab bars in the bathroom, and improve lighting to reduce the risk of tripping.

**Review medications:** Regularly consult with a healthcare provider to identify any side effects that might affect balance.

**Encourage exercise:** Promote activities that enhance strength and stability, such as balance training or gentle yoga.

In addition to exploring strategies, take a moment to reflect on the measures you're already implementing. Are there areas where you can enhance your current practices? Recognizing your ongoing efforts can help reinforce the importance of these actions and motivate you to continue prioritizing falls.

Locally, there are several resources available to support you in these efforts:

**Community workshops:** Many local centers offer fall prevention workshops and exercise classes tailored for older adults.

**Home safety evaluations:** Contact local aging services or senior centers for personalized recommendations on making your loved one's living space safer.

**Caregiver support groups:** Join local groups to share experiences and strategies with other caregivers.

By utilizing these resources and staying informed, you can play a crucial role in reducing fall risks and promoting a safer environment for your loved one.

While falls among older adults continue to be a national public health concern. Join the National Council on Aging (NCOA) during the week of Sept. 23-27, 2024, for Falls Prevention Awareness Week, a nationwide observance with state coalitions and partners to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling. For more information and to get involved, visit [Falls Prevention Awareness Week Toolkit \(ncoa.org\)](https://www.ncoa.org/falls-prevention-awareness-week-toolkit).

*Heart Felt Wishes,  
Niya Carrington, Support Services Manager*

**"An ounce of prevention is worth a pound of cure."**

- Benjamin Franklin

## Upcoming Community Activities:

### Medicare Basics: Comprehensive Introduction to Medicare

Join Senior PharmAssist for a free and comprehensive introduction to Medicare. Whether you are turning 65 years old or are just new to Medicare these sessions are one hour and allow time for Q & A.

To register go to [SeniorPharmAssist.org/events](https://SeniorPharmAssist.org/events) or call 919-688-4772.

This event will occur in-person on **Tuesday September 17, 2024** at **6:00pm** at the Durham Center for Senior Life located on 406 Rigsbee Avenue, Suite 202, Durham, NC 27701.

### Healthy Aging Expo

Join the Chatham County Aging Services for this expo to focus on four topics: Healthy Brain and Body, Healthy Finances, Healthy transitions and Healthy Spiritual & Emotional Health.

This event will be held on **Tuesday September 17, 2024** from **9:00am – 3:00pm** at the Chatham County Agriculture & Conference Center on 1192 US Hwy 64 West Business, Pittsboro, NC.

To learn more and register for this event visit, <https://www.chathamcountync.gov/government/departments-programs-a-h/healthy-aging-expo>

### Powerful Tools for Caregivers (PTC): 6-week Series

Powerful Tools for caregivers is a free six-week evidence based program that offers 90-minutes of practical training to provide family caregivers with the tools, skills, and strategies to cope with the daily challenges of caregiving.

This is open to family caregivers who are caring for a loved on 55+ in Durham County. This program will be offered in-person at the Durham Center for Senior Life on every **Thursday from September 19<sup>th</sup> – October 24<sup>th</sup>** from **3:00pm – 4:30pm**.

Registration is from Tues. September 3<sup>rd</sup> to Fri. September 13<sup>th</sup>. Call 919-688-8247 ext. 103 to register. The class is **limited to 10 participants**.

### Dementia Inclusive Community Forum

Join the Dementia Inclusive, Inc. on **Friday September 20, 2024** from **9:30am – 2:00pm** at the Durham Convention Center on 301 W. Morgan Street for "Time to Act on Dementia, Time to Act on Alzheimer's". To register for this event visit [www.dementiainclusiveinc.org](http://www.dementiainclusiveinc.org) .

### Upcoming Medicare's Open Enrollment

Join Senior PharmAssist with their upcoming Medicare Open Enrollment period that is scheduled to occur **October 15-December 7, 2024**. This is the time to review your health and drug plan options and make changes for the upcoming 2025 year.

Open Enrollment Counseling is by appointment only. Please call 919-688-4772 to setup an in-person appointment.

### **Our Mission**

*"To enrich the lives of Durham seniors 55+ by promoting healthy, active, and independent lifestyles."*

### **External Resources:**

#### **Hope Renovations**

Offer small to mid-size repairs, modifications, and renovations for adults 55+ to live as safe and independent in their homes.

Learn more about the services by calling **919-960-1957** or visit [www.hoperenovations.org](http://www.hoperenovations.org).

#### **Health Equipment Loan Program**

This program offers free health equipment such as walkers, wheelchairs, crutches, and bedside commodes for loan.

Open Tuesdays 10am – 2pm and Fridays 1pm – 5pm at 4206 N. Roxboro St. Suite 100, Durham, NC

Services are offered to Durham county residents only. Borrower should bring a form of ID for pick-up.

To learn more about the services and programs offered call **919-748-1022** or [help@projectaccessdurham.org](mailto:help@projectaccessdurham.org)

#### **NC RAMMP: Access Makes Mobile People**

This program focuses on loans of portable ramps to people with mobility difficulties. This program is helpful for transitions from a facility back into the community or accessing a new location after an emergency.

The goal is to overcome temporary obstacles to mobility.

To learn more call 919-855-3500 or visit [www.ncdhs.gov/ncatp-centers](http://www.ncdhs.gov/ncatp-centers).