



Care Compass Project

Navigating the Caregiving Continuum:

Planning for today and for the future.



The Care Compass Project offers free quarterly sessions for all who now provide care for a loved one, friend, or neighbor/ community member, as well as those who anticipate doing so and want to plan ahead. **These sessions include training, resources and support for all phases of the journey.**

Sessions will be held at:

First Christian Church, 875 Haskins Rd., Bowling Green OH
(Lunch provided by Brookdale of Bowling Green)

Upcoming Session

June 5, 2019

11:00 - 1:00 PM



Please feel free to bring your care recipient to the sessions. Respite care will be provided on site by Brookdale of Bowling Green.

Registration is free but limited.

Call **1.800.367.4935** or **419.353.5661** or email **programs@wcco.net** to register.



Join the Facebook Group:
facebook.com/WoodCountyCareGiverCircle

AGENDA:

11 a.m. - 11:45 a.m. Occupational Therapy from Ohio Living Home Health will discuss transitional phases of mobility. The session will cover the following; when would you need to use a walker, cane, wheelchair; how to measure the height of the assisted devices properly; where is the best place to purchase one or get one loaned to you; learn some important exercises to prevent falls and aid in maintaining balance.

11:45 a.m - 12:15 p.m. Lunch sponsored by Brookdale of Bowling Green

12:15 p.m. - 1 p.m. Lindsay Watson, University of Toledo Medical Center, Senior Behavioral Specialist. This session will discuss behavior mapping, ways to identify causes of behaviors, solutions and ways to avoid adding additional medications. Time allotted for questions and answers.

