



Free Caregiver Workshops

The following free workshops are offered by the Area Agency on Aging, Region 9. These workshops are open to caregivers in the 9 counties we serve. Please contact our Caregiver Education Coordinators to register or to present at your next event.

Moving, Lifting, and Transfers

Instructs caregivers in basic body mechanics and demonstrates several safe techniques for transferring your loved one, using gait belts, Hoyer lifts and other equipment.

Stress and Burnout in Caregiving

Discusses signs of stress, how stress effects our bodies, and suggestions on ways to prevent or overcome stress.

Living With Alzheimer's and Dementia

Presents forms and causes of dementia, warning signs, risk factors, safety issues and current medical treatment.

REACH

A certified dementia caregiving intervention Program, coached by trained providers. It provides free individual classes to the caregiver. Sessions are targeted by a risk assessment of each caregiver, and structured through protocols and scripts.

Powerful Tools for Caregivers

The Powerful Tools for Caregivers program is a 6 week class series that supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.



Area Agency on Aging, Region 9

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Serving Ohio's Belmont, Carroll, Coshocton, Guernsey, Harrison, Holmes, Jefferson, Muskingum, and Tuscarawas counties for over 40 years.