

Selected Comments From  
Past Participants of the  
Caring for You, Caring for Me  
Program

*“I’m already feeling less lonely as a caregiver. I’m feeling very grateful for the opportunity being given us through this program.”*

*“I am extremely thankful for having had the opportunity to attend this workshop. It makes me realize that I am not struggling with caregiving by myself; that there are ways and resources available to meet the challenge; that I need a certain amount of caregiving myself; and that it is important to the effectiveness of my responsibility.”*

*“You’ve touched the real emotions caregivers experience and identified positive steps to be taken for growth.”*

THE CENTER FOR EXCELLENCE  
IN AGING AND GERIATRIC HEALTH™

Improving the quality of life for older adults by integrating the research capacity of universities, colleges and medical schools with the capabilities of local service providers.

The Center promotes the independence and dignity of older adults through collaboration among research and service professionals.

The Center offers the following services:

- Thorough Geriatric Assessment
- Objective Driving Evaluation
- Opportunity to Participate in Clinical Trials
- Program for Research on Aging

The Center for Excellence  
in Aging and Geriatric Health

3901 Treyburn Drive, Suite 100  
Williamsburg, VA 23185  
Office: 757-220-4751 / Fax: 757-220-4756

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Winter 2010 Offerings in the  
Greater Williamsburg, VA Area

Sponsored by

The Center for Excellence in  
Aging and Geriatric Health  
Williamsburg, Virginia



Education and Support for  
Family & Professional Caregivers

A PROGRAM OF THE  
ROSALYNN CARTER INSTITUTE  
FOR CAREGIVING

### About the *Caring for You, Caring for Me* Program

#### Who Should Attend?

Family, professional, and volunteer caregivers who are providing assistance or support to persons with long-term illnesses or disabilities

#### LENGTH:

This comprehensive course involves two hours and fifteen minutes per week for five weeks. Participants are encouraged to participate all five weeks.

#### TOPICS:

- What It Means To Be A Caregiver
- Taking Care of Yourself
- Building Cooperative Relationships
- Preventing and Solving Problems
- Accessing and Developing Resources

#### PROGRAM LEADERS:

- Varies depending on the location
- All leaders are certified facilitators in the *Caring for You, Caring for Me* Program

#### GOALS FOR THE PROGRAM:

This education and support program provides family and professional caregivers with an opportunity:

- To gain information on various topics related to caregiving.
- To learn methods of coping with the stresses and strains of being a caregiver.
- To learn what resources are available to them.
- To discover ways of working together to reduce some of the frustrations and barriers they face in their caregiving roles.
- To share common concerns.
- To recognize that they are not alone—others share similar feelings and concerns.

### Program Schedule and Registration Information

#### WINTER OFFERINGS:

**Dates:** 1/12 - 2/9, Tuesdays, 9-11:15 am

**Site:** Williamsburg Presbyterian Church  
215 Richmond Road, Williamsburg

**Dates:** 1/25 - 2/22, Mondays, 2-4:15 pm

**Site:** Chambrel at Williamsburg  
3800 Treyburn Drive, Williamsburg

**Dates:** 2/4 - 3/4, Thursdays, 4-6:15 pm

**Site:** James City/Williamsburg  
Community Recreation Center  
5301 Longhill Road, Williamsburg

#### REGISTRATION FEE AND INFORMATION:

There is a \$10 fee for winter programs due to generous support from the Williamsburg Community Health Foundation. This program is generally offered for a \$25 registration fee.

Scholarships are available to cover the program fee. Please note this request on the registration form.

#### EARLY REGISTRATION IS ENCOURAGED.

Complete and return the attached registration form to **Christine Jensen, The Center for Excellence in Aging and Geriatric Health**. Confirmation will be sent to those whose registration is received **one week prior to start of the program**. However, registration will be accepted after this date until the class is filled.

*For additional information and to send registration form, contact:*

**Christine Jensen**

**The Center for Excellence in Aging and Geriatric Health**  
3901 Treyburn Drive, Suite 100  
Williamsburg, VA 23185  
Office: 757-220-4751 / Fax: 757-220-4756

[cjensen@excellenceinaging.org](mailto:cjensen@excellenceinaging.org)

*Please make checks payable to:* CEAGH

### *Caring for You, Caring for Me*

#### REGISTRATION FORM:

NAME: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_  
\_\_\_\_\_

DAYTIME TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**Make checks for \$10 payable to CEAGH.**

#### **I am registering for: (please check one)**

\_\_\_\_\_ 1/12-2/9, Williamsburg Presbyterian Church

\_\_\_\_\_ 1/25-2/22, Chambrel at Williamsburg

\_\_\_\_\_ 2/4-3/4, James City/Williamsburg Community Recreation Center

#### **I am a (please check all that apply):**

\_\_\_\_\_ Family caregiver (relative, friend or neighbor)

\_\_\_\_\_ Professional caregiver

\_\_\_\_\_ Volunteer caregiver

#### **\*I need assistance in order to attend:**

\_\_\_\_\_ Transportation

\_\_\_\_\_ Someone to sit with my loved one

\_\_\_\_\_ Other: \_\_\_\_\_

\* The program cannot guarantee these needs will be met but it helps the sponsor identify what is needed for future offerings.