

Services for Dementia Caregivers Teaching Outline

Prepared by:

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Introduction to problem:

Dementia caregiving is hard – families consistently report feeling overwhelmed. While there are many services to support families, many families struggle to locate services. This lesson will discuss some common resources across the state, how to locate specific resources, and strategies to avoid scammers.

Program objectives:

After completing this program, participants should understand:

- What resources are available across the state
- Strategies to locate resources
- Strategies to protect against scams

Program materials:

- For FCS educators:
 - Teaching outline
 - 45 minute full program PowerPoint
- For OHCE leader lesson:
 - Teaching outline
 - Presentation notes
 - Presentation handouts
 - Area Agency on Aging Map
 - Avoiding Scams
 - Oklahoma Caregiver Resources
 - 15 minute leader lesson PowerPoint

Preparation and suggested activities:

Read the PowerPoint slide and notes section prior to the program. The program is meant to be interactive. Encourage participants to share stories about their experiences regarding aging.

Contact:

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Lesson Evaluation: Family Breakdown, Resilience, and Risky Behaviors Issue Team

- FCS educators: Following the lesson, please gather the completed evaluations and return them to your County OSU Extension Center no less than one week after lesson.