In Just Five...Breathe, Relax and Learn This Summer

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Although caregiving responsibilities are constant throughout the year, work, social and home life obligations usually decrease somewhat in the summer, with the hope that vacations and recreation will increase! Below are websites that list Tucson area classes and events targeted for caregivers. Summer is a good time to take advantage of these educational opportunities, and take care of yourself in the process. Don't forget to ‘breathe and relax,' too!

TMC Senior Services/Healthy Living Connections is a place for older adults to access community resources for key health and wellness issues. Programming includes a health information center, classes and lectures on health topics, health screenings. Click here to view classes, programs, support services and more.

Pima Council on Aging (PCOA) is the designated Area Agency on Aging serving older adults and their families living in Pima County, Arizona. PCOA advocates, plans, coordinates, develops and delivers home-and-community-based aging services for older adults and provides supportive assistance, accurate information, and local resource connections for family caregivers. Check the web pages below for events, programs and services that assist older adults and their caregivers.

- http://www.pcoa.org/calendar/
- http://www.pcoa.org/arizona-living-well/

The Arizona Geriatric Education Center at the University of Arizona provides ongoing educational programs that are designed to improve the health and wellbeing of seniors by educating and training health care professionals in the special health care needs of this rapidly growing group. While many of their classes and events are targeted for medical and health care professionals, most are available to the public.

Click here to view the calendar of events and lectures.
If you are not able to attend in person, click here to view these presentations live via streaming video, or watch them online by selecting past lectures that have been archived for viewing at a later date.

Do you have questions about other family and child care resources? Contact Caryn Jung, MS, Senior Coordinator by email or by calling (520) 621-9870. For information about elder care, contact Jan Sturges, M.Ed., LPC, Caregiving Coordinator by email or by calling (520) 626-4770.

"In Just Five" was developed especially for University of Arizona faculty, staff and students with busy work, school, home and family lives. Designed to be quickly read in about five minutes, rotating tips and strategies will highlight practical ideas and resources in support of caring for yourself, your loved ones, and your work and personal life roles.

Click to read previous "In Just Five" features.