



Family Caregiver Center

Helping you care for the ones you love

Support Groups

All groups begin at 1pm and are held in-person and virtually.

In-person: 1515 Hobson Road, Fort Wayne, IN 46805

Virtually: Please RSVP to receive access information.

Meetings may be accessed via phone, computer or tablet.

January 14, 2026: Signs of Caregiver Burnout

January 28, 2026: AARP Presentation

February 11, 2026: Community Resources

February 25, 2026: Crisis Planning

March, 11, 2026: Bathing & Hygiene

March 25, 2026: Keeping Your Loved One Active

April 8, 2026: Preventing Elopement

April 22, 2026: Nutrition and Dementia

May 13, 2026: 50 Ways to Help a Caregiver

May 27, 2026: Advance Directives

June 10, 2026: Sleeping Through the Night

June 24, 2026: Dementia Do's and Don'ts

There is no cost to attend sessions. RSVP is required.

PLEASE RSVP TO:

Valerie O'Brien
Care Coach
260-745-1200 ext. 235

IN-PERSON SESSION:
Super Shot Clinic
1515 Hobson Road
Fort Wayne, IN 46805



Aging & In-Home Services of Northeast Indiana, Inc. (AIHS) promotes independence, dignity, and advocacy for all older adults and persons with disabilities and their caregivers. As the Area III Agency on Aging, AIHS is the primary resource for aging and disabled populations and the largest funder of services including support for the Council on Aging in the following nine counties:

Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, Whitley