

# Family Caregiver Center

Helping you care for the ones you love



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



## 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

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**