

# 2026 Class Schedule

## Classes held in Clark County

**Registration is required for these classes.**

To register, contact our Aging & Disability Resource Center at:  
360-694-8144 or [ClarkADRC@dshs.wa.gov](mailto:ClarkADRC@dshs.wa.gov)

Class	Date	Day	Time	Location
Powerful Tools for Caregivers (6 weeks: Tuesdays, 5/5 - 6/9)	May-05	Tue	2-3:30p	Bridgeview Resource Center 505 NE Omaha Way, Vancouver WA 98661
Day-to-Day Caregiving	Jun-12	Fri	12-2p	AAADSW 201 NE 73rd St, Vancouver WA 98665
Legal & Financial Issues	Jul-10	Fri	12-2p	AAADSW 201 NE 73rd St, Vancouver WA 98665
Fall Prevention	Sep-11	Fri	12-2p	AAADSW 201 NE 73rd St, Vancouver WA 98665
Dementia Caregiving	Oct-16	Fri	12-2p	AAADSW 201 NE 73rd St, Vancouver WA 98665
Taming the Medicine Cabinet	Nov-13	Fri	12-2p	AAADSW 201 NE 73rd St, Vancouver WA 98665

**Registration is NOT required for the classes below.**

Class	Date	Day	Time	Location
Day-to-Day Caregiving	Jan-08	Thur	3-4pm	FVRL - Three Creeks Community Library 800-C NE Tenney Rd, Vancouver WA 98685
Brain Health & Aging	Jan-14	Wed	2-3p	FVRL - Cascade Park Community Library 600 NE 136th Ave, Vancouver WA 98684
Legal & Financial Issues: Get Planning	Jan-22	Thur	2-3p	FVRL - Three Creeks Community Library 800-C NE Tenney Rd, Vancouver WA 98685
Day-to-Day Caregiving	Jan-23	Fri	10:30-11:30a	FVRL - Vancouver Community Library 901 C St, Vancouver WA 98660
Brain Health & Aging	Jan-26	Mon	2-3p	FVRL - Battle Ground 1207 SE 8th Way, Battle Ground WA 98604
Legal & Financial Issues: Get Planning	Feb-05	Thur	4-6p	FVRL - East County Family Resource Building 1661 C St WASHougal WA 98671
Taming the Medicine Cabinet	Feb-06	Fri	11a-12p	FVRL - Cascade Park Community Library 600 NE 136th Ave, Vancouver WA 98684
Brain Health & Aging	Mar-21	Sat	3-4p	FVRL - La Center Community Library 1411 NE Lockwood Creek Rd, La Center WA 98629
Legal & Financial Issues: Get Planning	Oct-02	Fri	11a-12p	FVRL - Cascade Park 600 NE 136th Ave, Vancouver WA 98684
Legal & Financial Issues: Get Planning	Oct-09	Fri	10:30-11:30a	FVRL - Battle Ground 1207 SE 8th Way, Battle Ground WA 98604
Brain Health & Aging	Oct-19	Mon	2-3p	FVRL - Three Creeks 800-C NE Tenney Rd, Vancouver WA 98685
Fall Prevention	Oct-28	Wed	2-3p	FVRL - Battle Ground 1207 SE 8th Way, Battle Ground WA 98604
Staying Well: Emotional Wellness	Nov-06	Fri	10:30-12:30a	FVRL - Downtown Vancouver 901 C St, Vancouver WA 98660
Day-to-Day Caregiving	Nov-16	Mon	6-7p	FVRL - Cascade Park 600 NE 136th Ave, Vancouver WA 98684

# AAADSW Education - 2026

## Class Descriptions

A R E A A G E N C Y O N  
**Aging & Disabilities**  
O F S O U T H W E S T W A S H I N G T O N

### **Brain Health & Aging**

The brain is our most complex organ. It is also one of the most important. That's why trying to keep it healthy is critical now, and as we age. Join us as we learn about the basics of brain health, including ways to promote healthy aging and reduce potential threats to brain health.

### **Day to Day Caregiving Skills**

Caring for a loved one at home? Would you like to learn some practical skills and tips for helping with day-to-day personal care? In this class we will talk about activities of daily living, creating routines, managing incontinence, equipment and assistive devices, nutrition, community resources and more.

### **Dementia Caregiving**

Caring for someone with dementia? Join us to learn new tips related to dementia caregiving. We'll talk about what dementia is, ideas on preparing for the road ahead, developing your caregiver tool box, creating useful routines, and communicating effectively.

### **Fall Prevention**

Are you a senior who wants to stay independent? A family caregiver who wants to protect your loved one from falling? Join us for a Fall Prevention workshop and learn about: recognizing and reducing risk factors, making your home safer, talking with your healthcare providers about related medical factors, mobility devices that can help prevent falls and make getting around easier, and how medications and chronic conditions might increase fall risk

### **Legal and Financial Issues: Get Planning**

What does it mean to get your affairs in order? Planning for the future is tough enough without all the legal terms and misinformation floating around. In this class, we'll help you understand Medicare and its many parts, explore long-term care options, and get an understanding of core legal documents (including wills, trusts, powers of attorney, and advance directives). Become empowered with the knowledge you need to reduce future stress and help to ensure that all your legal and healthcare preferences are honored.

### **Powerful Tools for Caregivers Workshop**

Powerful Tools for Caregivers is a six-week workshop open to spouses, partners, adult children, and friends caring for a loved one at home. Classes provide you with tools and tips to better handle the unique challenges you face. Learn to reduce personal stress, communicate effectively with family and medical staff, deal with difficult feelings, and more.

### **Staying Well: Emotional Wellness**

Developing and maintaining wellness is a lifelong journey. In this workshop you'll learn skills to evaluate and improve emotional wellness, understand the connection between your emotions and other aspects of your life, manage your feelings, build a strong support system, and cope with changes and challenges.

### **Taming the Medicine Cabinet**

The majority of Americans take at least one medication, and 20% take five or more. Keeping track of your medications can be challenging. Join us as we explore some of the common causes of medication errors and challenges that most people face. We will also identify practical tips that anyone can use, including how to take back medications that are expired or no longer needed.

**SEE REVERSE SIDE FOR CLASS SCHEDULE**

