

UAMS Centers on Aging

Offering **FREE** Community Programs for Older Adults and Family Caregivers



MISSION

UAMS Centers on Aging's mission is to improve health outcomes of older Arkansans through interdisciplinary clinical care and innovative education programs.



The **UAMS Centers on Aging** are also home to the **Schmieding Home Caregiver Training Program**, for those interested in a career as a **Certified Nursing Assistant (CNA)** or **Personal Care Aide**. Contact your local Center on Aging for more information.

Connect With Us



CENTERS ON AGING

(501) 686-8948

UAMScentersonaging.org

Facebook.com/UAMScaregiving



Locations

Center on Aging-Northeast
Jonesboro

Delta Center on Aging
Helena

Schmieding Center
Springdale

South Arkansas Center on Aging
El Dorado

South Central Center on Aging
Pine Bluff/White Hall

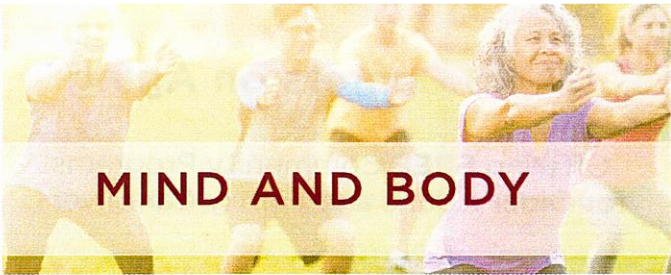
Texarkana Regional Center on Aging
Texarkana, AR

West Central Center on Aging
Fort Smith

The Centers on Aging is funded by the Arkansas Tobacco Settlement Commission (ATSC). The ATSC was established by a vote of the people in 2000. This Act designated all tobacco settlement proceeds to be directed to the use of improving the health of Arkansans.



CENTERS ON AGING



MIND AND BODY

TAI CHI

Many studies have concluded that Tai Chi is one of the best exercises to improve balance, posture, and strength. This class will focus on balance and breathing for a meditation in motion exercise program.

DRUMS ALIVE

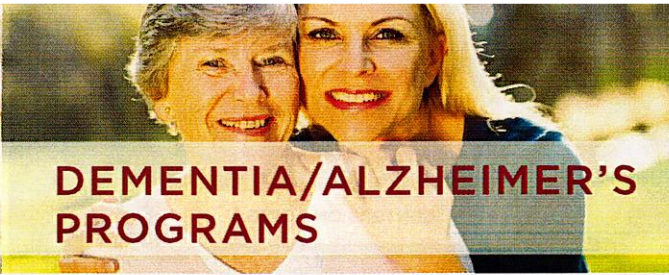
Drums Alive is a group fitness experience that combines the benefits of a traditional physical fitness program with the brain benefits of music and rhythm.

AGELESS GRACE

Ageless Grace is a fitness and wellness program that consists of 21 simple exercise tools that focus on the healthy longevity of the body and mind.

WALK WITH EASE

A six-week program with a Certified Walking Leader exploring the benefits of walking such as improve overall health, reduce pain and discomfort of arthritis, increase balance, strength and pace.



DEMENTIA/ALZHEIMER'S PROGRAMS

FAMILY CAREGIVER WORKSHOP - DEMENTIA

Four- to eight-hour workshops available to the public statewide, instructed by a UAMS Nurse Educator. The workshop will present an overview of dementia and Alzheimer's disease and provide caregiving tips that contribute to maintaining respect, dignity, and quality of life for the person living with dementia or Alzheimer's disease.

ALZHEIMER'S EXPERIENCE: TAKE A WALK IN THEIR SHOES

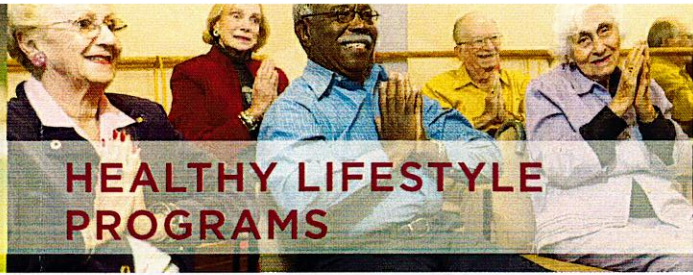
The experience consists of 5-10 minute per-person tours that are presented at our Centers on Aging as a half/full day event and can be requested as a special event on-location for large groups.

SUCCESS PROGRAM

Serving the **U**nique needs of the **C**ommunity **C**aregiver through **E**nhanced **S**upport **S**ervices

Certified Care Coaches are available for one-on-one coaching sessions providing support and resources for caregivers.

RESOURCE ALLOCATION INFORMATION



HEALTHY LIFESTYLE PROGRAMS

DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP)

Participants will attend 8 weekly, two-hour learning sessions where they will get hands-on training on understanding food labels, meal planning and other helpful tips on diabetes care.

SUPPORT GROUPS

Join us for regularly scheduled support groups for individuals caring for loved ones covering topics such Alzheimer's disease and other dementias, Parkinson's and Diabetes.

HEAT (HEALTHY EATING AND TASTING)

Monthly program to promote healthy cooking. Meal preparation demonstrated, along with tasting.

