



*Nancy L. Flaherty,
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CAREGIVER SOLUTIONS GROUPS

PRESENTED BY FLAHERTY SENIOR CONSULTING
SPECIALIZING IN DEMENTIA CARE AND ELDER CARE ISSUES

Let's face it: Being a family caregiver can be difficult. Challenges may include balancing work and family life with caring for a loved one, feeling isolated, navigating senior care and medical systems, caring for a loved one who is not the same person as before their disease, and more. You don't have to navigate this alone. Join one of our Solutions Groups.

WHAT IS THE PURPOSE OF A SOLUTIONS GROUP?

Group members discuss topics of their own choosing and receive input from the facilitator and individuals in the group. Members of the group learn how to deal with different caregiver issues, obtain skills and knowledge, and engage in great discussions, with a special focus on caring for loved ones with dementia.

HOW DO SOLUTIONS GROUPS WORK?

The group members set the topics based on their needs. The facilitator presents input and related resources on the topics. Group members also share their experiences and learnings with each other. There is no charge to attend these meetings, but registration is required.

WHERE ARE SOLUTIONS GROUPS HELD?

Solutions Groups meet approximately every other month. Contact Nancy Flaherty for the current meeting schedule. There are four active groups in the Omaha area:

- OMAHA:** The Servite Center of Compassion – 72nd & Ames Circle
- WEST OMAHA:** St. Vincent de Paul Church – 14330 Eagle Run Drive
- OMAHA:** St. Timothy Lutheran Church – 93rd & Dodge
- OMAHA:** Faith Westwood United Methodist Church – 4814 Oaks Lane

Registration is required each time you wish to attend a Solutions Group meeting.
CDC guidelines will be followed. Masks are mandatory, and social distancing will be observed.
No food is allowed; bring your own beverages.

Contact Nancy Flaherty to register for a meeting or for more information.
Nancy also is available for private consultations.

FLAHERTYCONSULTING@COX.NET ✦ **402.312.9324 (text or phone)**

Visit www.flahertyconsulting.net for more resources and programs.