

Keiro provides in-person and virtual educational programs to enhance the quality of life for older adults and caregivers. If you are interested in bringing the following programs to your area, have any questions, or have topic requests beyond this list, please contact Keiro at programs@keiro.org or **213.873.5792**.



Connectedness

Decluttering While Preserving Culture

Begin your decluttering journey and reclaim your space while honoring traditions and cultural heritage. Learn how to thoughtfully let go of inherited items while preserving their stories and creating a calmer, more organized home.

Building Your Caregiver Support Network

When caregiving feels overwhelming, having a supportive community can make all the difference. In this session, explore the benefits of caregiver support groups, learn the basics of facilitating one, and discover trusted resources to help you build connection and sustain support throughout your caregiving journey.

Before It's Too Late Workshop

Join us for a discussion on the stressors associated with end-of-life decisions and how advance planning can help ease them. Together, we'll share stories and emphasize the importance of taking action on these important documents and conversations "before it's too late."

Brain Boost: Games for Growth

Discover fun and engaging ways to keep your brain sharp and healthy! This workshop will explore a variety of brain games, puzzles, and activities designed to test memory, improve focus, and enhance cognitive skills.

Tech Hour

Bring your various technology questions and your devices to our Tech Hour where Keiro staff will work with you to resolve any technology challenges you might have.

New Technology for Stronger Connections

Learn about new social media platforms, mobile apps, and gadgets to help you stay in touch with your loved ones and community.

Preventing Scams

This interactive class will share how to recognize scam warning signs to avoid being scammed as we also discuss what to do after being scammed.



Autonomy

Accident Prevention & First Aid

Learn the essentials of building a first aid kit, using it effectively, and preventing accidents to stay safe.

Caregiving Tips

Learn tips to care for your loved one while honoring your own well-being. Explore tools to support the responsibilities of caregiving through local and on line resources to help manage stress and prevent burnout.

Emergency Preparedness & Making a Personal Go-Bag

From scenario-based discussions, checklists for all age groups, and go-bags, this class will provide attendees with a better understanding of what they will need in the event of a catastrophic event.

Maximizing Credit Card Rewards

Unlock the secrets of maximizing credit card rewards for travel without breaking the bank. In this class, you will learn how to strategically use credit card points and miles to fund trips for vacations, family visits, and more.

Navigating Local Transportation with Confidence

Expand your power of choice in this class that will cover affordable shuttles for older adults, rideshare apps, and public transportation.

Prime Time Perks

Discover the many perks of aging, from discounts on dining, utilities, and recreation to reduced museum tickets, low-cost classes, and special retail offers.



Health & Wellness

Advance Planning Introduction

Learn the importance of advance planning documents and how to start conversations around them to ensure your assets are protected and your wishes are followed.

Advance Planning Workshop

Complete essential documents and digitize them with the help of Keiro staff while you are of sound mind and body. Come prepared with your advance planning documents filled out to the best of your ability and any questions that came up in the process.

Hospice & Palliative Care

Hospice and palliative care both focus on comfort and quality of life, but they serve patients at different stages and under different circumstances. This class will clarify key differences in eligibility, goals of care, and how each type of support can be integrated into a broader care plan.

Iyashi Care

Iyashi Care is a partnership between Keiro and Providence at Home with Compassus that provides palliative care for Our Community. You will learn what palliative care is, how Iyashi Care can assist you through a comprehensive set of services, and why you should consider enrolling yourself or a loved one into the program.

Long Term Care 101

Finding the right fit for your long term care can be a challenging and confusing ordeal. In this class, we will break down key steps to help you find the right care facility or in-home care for your needs and wishes.