

## Series 3 of Award Winning

# Harnessing Tech to Connect



*Please join us virtually for this award-winning collaboration of Land of Sky Regional Council's Family Caregiver Program and Project C.A.R.E., AARP NC Mountain Region, Four Seasons: The Care You Trust, the Charles George VA Medical Center, Bob Krollman, SkyHeart Consulting, PLLC.*

The pandemic has forced family caregivers to focus on technologies that lead to social connectivity, support independence, and improve remote monitoring. Come be inspired about the possibilities for caregivers to “harness technology to connect.”

**Great tech door prizes will be awarded following each session.  
Captioning provided through Facebook live stream.**

**Tuesday, November 16, 2021 at 2:30pm: Tech Tips from an Occupational Therapist** – Sheila O’Conner MA, OTR, CAPS, is an occupational therapist with over 35 years of experience working with people who are recovering from surgery or an injury, while in the hospital, in their home, or in retirement communities. In addition, she has a consulting business, *No Place Like Home WNC*, where she helps people age in place. She will be speaking to us today about some helpful devices, some “low tech” and some “higher tech” devices to make our lives easier.

Registration link: <https://aarp.cventevents.com/HarnessTechOT>

**Tuesday, January 18, 2022 at 2:30pm: Keeping Loved Ones Safe Using Technology** – Caldwell County Emergency Services staff will provide an overview of resources used for keeping individuals safe in their home, injury prevention, and emergency preparedness.

Registration link: <https://aarp.cventevents.com/SafeAtHome>

**Tuesday, February 15, 2022 at 2:30pm: Technology and Medication Management** – Join us to hear from skilled pharmacists on how to leverage technology options for safer & easier medication management. From the simple to the savvy, you will learn how technology can help!

Registration link: <https://aarp.cventevents.com/TechMedManagement>