

When you choose Hanson Services you get more than our skilled, caring caregivers. You receive the additional benefits offered by the Hanson Services Education Department!



Free services offered by the Education Department include:

Hanson Healthy Hearts program

Clients with Congestive Heart Failure can choose to have their Hanson caregivers help them practice heart healthy behaviors like weighing themselves daily or lowering sodium in their diet. The client and caregiver check the Heart Health Zones chart to see if the client is managing their condition well or if they should check in with their doctor to get symptoms back under control.

Go4Life

This program from the National Institute on Aging at NIH is an exercise and physical activity campaign designed to help older adults fit exercise and physical activity into their daily life. It focuses on four target areas for improvement: Endurance, Strength, Balance and Flexibility. Clients who choose to participate receive instruction and free resources to help them get started with an easy to follow workout. The client's caregiver is also given instructions so he/she and the client can do the workout together every time the caregiver visits. www.go4life.nia.nih.gov

Free classes

Clients may take classes at the Hanson office on caregiving issues such as caring for persons with dementia or end of life care. There are various classes to help clients improve their own health and wellness, from stress management to tips for healthy eating and more.



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Meet Hanson Services Education Director Laura Hazen

Education Director Laura Hazen has been with Hanson Services for nineteen years. She holds a B.S. degree in Education from Ohio University and a Practitioner's Certificate in Gerontology from Tri-C. She has been a Senior Fitness Trainer and a Certified Alzheimer's Disease and Dementia Care Trainer.



Laura has received training at over 250 programs, seminars and conferences on a variety of subjects including end of life care, dementia care, techniques for improving general wellness, and best practices for managing chronic conditions to name just a few. She has been teaching and training since 1999 and has presented over 1000 classes to various healthcare professionals and community organizations, including a presentation at the Alzheimer's Association's National Dementia Care Conference. Laura and her family cared for her mother who had Alzheimer's for ten years which led to her employment at the Alzheimer's Association for three years before she came to Hanson Services to start the Education Department. At Hanson Services Laura provides an orientation session to all new hires and teaches a ten class series to Hanson caregivers to improve their general caregiving skills. Recently she has added training to better prepare Hanson caregivers to help clients manage their chronic conditions more effectively, and to be more aware of LGBTQ issues.

You may contact Laura with questions about Education Department programs at hazen@hanson-services.com

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Hanson Services Staff Training for caregivers includes these ten classes:

- Overview of Alzheimer's and Other Dementias
- Understanding Unpredictable Behavior in Persons with Alzheimer's and Other Dementias
- Improving Communication with Persons with Dementia and Others
- End of Life Care
- Best Stress Solutions for Caregivers
- Bathing & Transferring
- Client Safety
- Enriching Activities to do with Clients / Aging Awareness
- Healthy Eating for You and Your Client
- Medical Review: Basic Information on Common Chronic Conditions