The Northland Caregiver: Trailer

Transcript

Welcome to The Northland Caregiver, a monthly podcast created by Duluth Aging Support to help you on your caregiver journey.

Each month, you'll be joined by your host and Registered Occupational Therapist Dr. Mary Lou Donovan, and co-host Leeza Ochsner from Duluth Aging Support, who will share helpful advice on safely and effectively caring for aging family members, friends, and yourself along the way.

This podcast series features a variety of topics around maintaining home safety and accessibility, modifying cues for effective communication as physical, sensory and cognitive changes occur, and other caregiver strategies. You will learn ways to approach topics like driving retirement, how you can take better care of yourself as a caregiver, changing roles, and so much more!

In addition to sharing helpful advice for caregivers, the podcast will also answer real questions submitted from family and unpaid caregivers in the Northland. Want to get your caregiver questions answered? Submit them ahead by emailing podcast@duluthagingsupport.org or calling (218) 576-7123.

If you're not sure what a podcast is, the best way to describe it is an on-demand series in an audio format. That means you can listen to it wherever and whenever you like.

To start listening to the podcast, head to Duluth Aging Support dot org forward slash podcast. Then click on the episode you would like to listen to and you'll be taken to a separate page where you can hit the play button to listen to the full episode or scroll down to read the full transcript.

Or subscribe to the podcast directly from Spotify, Apple Podcasts or wherever you find your podcasts and you'll receive new episodes as they are released.

The Northland Caregiver Podcast is brought to you by Duluth Aging Support, a nonprofit organization that helps enhance the lives of older adults and caregivers in the Northland through outreach, awareness, advocacy, and collaborative partnerships.