

Age Ready Series at Richland Library North Main



College of Social Work
UNIVERSITY OF SOUTH CAROLINA



The University of South Carolina College of Social Work is partnering with local organizations and offices to bring easy-to-understand and accessible information to help older adults and caregivers stay independent, informed, and connected.

These programs are a part of the Age Ready series that seeks to teach life skills to promote independence for older adults. They are an extension of the aging-in-place research through the Healthy Aging Research and Technology Lab and the SmartHOME Center for Economic Excellence.

Sessions will be at 2PM on the 3rd Saturday of every month from March until October at Richland Library North Main.

All sessions will also be broadcast live over Zoom. The link can be found on each of the sessions' event page on the library's website: www.richlandlibrary.com.

These sessions are an hour long and are designed for adults.

March: 21 — “Making Sense of Memory Changes: Understanding Dementia”

- Learn what dementia is, what it isn't, and how to recognize early signs in yourself or a loved one. We'll talk about memory, daily routines, and how to keep the brain active. You'll also learn where to find help, support, and local resources for families

April: 18 — “Protecting What Matters: Simple Steps for Estate Planning”

- Estate planning doesn't have to be complicated or expensive. This class will walk you through wills, power of attorney, and important documents that keep your wishes clear. You'll leave with tools to help your family avoid confusion and protect your legacy.

May: 16 — “Smart and Safe Banking: Protecting Your Money Online and In-Person”

- Learn how to manage your money safely in today's world—whether you use the bank, phone, or computer. We'll cover how to spot scams, keep accounts secure, and use new banking tools with confidence. You'll gain tips to stay in control of your finances and avoid fraud.

June: 20 — “Safe and Sound: Making Your Home Ready for Aging in Place”

- Your home should grow with you. This session will explore simple, affordable changes to make your home safer and easier to move around in. From lighting to grab bars and fall prevention, you’ll learn how to stay independent and comfortable at home.

July: 18 — “Help at Home: Understanding Home Health and Support Services”

- If you or someone you care for needs help at home, this class will explain the options available. Learn the difference between home health care, personal care, and other support services. You’ll find out how to choose quality help, understand costs, and get the right care when you need it.

August: 15 — “Family Caregiving Essentials: Tools, Tips, and Support”

- Caring for someone you love can be both rewarding and stressful. This session will share practical ways to manage caregiving duties while also caring for yourself. You’ll discover local programs, stress-relief tips, and strategies to stay balanced and supported.

September 19 — “Money and “Your” Future: Planning Ahead for Healthy Aging”

- Learn how to plan your finances for the years ahead so you can age with peace of mind. We’ll discuss budgeting for health care, housing, and daily living needs. You’ll also learn how to make smart choices today that protect your well-being tomorrow.

October 17 — “Smart Technology for Independent Living”

- Technology can make aging easier and safer. From medical alert systems to video calls and smart home devices. This session will show how simple tools can help you stay connected, monitor health, and enjoy greater independence. No tech experience needed, just curiosity!

To see the series on our website, please scan the QR code:

