

LET'S IMAGINE TOGETHER!

Virtual Individual Activity Sessions for Family Caregivers and Care Receivers

The Rock County Council on Aging is partnering with The Hummingbird Project to provide family caregivers and their care receivers with virtual activity sessions and engagement using a variety of technology-based connections aimed at alleviating the isolation and boredom brought on by COVID-19.

The Hummingbird Project Activity Specialist can offer cultural activities such as guided virtual museum tours, live music concerts, and art lessons online. They can also provide opportunities to engage in legacy or oral history projects, lifelong learning about topics of interest, expressions of gratitude, spiritual devotion, verbal brain games, storytelling, and much more.

Each individualized virtual session will be 50 minutes with a specially trained Activity Specialist. The topic/activity will be based on the participants needs and interests.

As a family caregiver there may be no cost to you or your care receiver for this exciting activity.

For more information or to see if you qualify, call the Rock County Council on Aging at (608) 758-8455
email: caregiving@co.rock.wi.us

This project to you by the Rock County Council on Aging and the Hummingbird Project

