



## Family Caregiver Education Series

Hope Hospice and Home Health is pleased to offer a series of classes designed to educate, support, and provide resources to family members engaged in caring for elderly, chronically ill, and/or disabled loved ones.

Classes are held at our office located at 6377 Clark Avenue in Dublin, CA. Coffee and refreshments are available at 9:45 a.m., and classes take place from 10 a.m. to noon.

Four of these 12 classes are part of Hope's **Living With Dementia** program; learn more and find additional dates on the back cover of this brochure.

The Family Caregiver Education Series is presented at no cost to any family caregiver in the community; however, donations to Hope are appreciated and allow us to offer this program to others.

**PLEASE REGISTER** for classes at [hopehospice.com/family](http://hopehospice.com/family), or to Debbie Emerson, Community Health Educator, at [debbiee@hopehospice.com](mailto:debbiee@hopehospice.com) or (925) 829-8770.

*Please note, this series is geared toward the family caregiver and is not intended for professional caregivers.*

### CAREGIVER SUPPORT GROUP

meets from 12:15 to 1:45 p.m. immediately following our Saturday Family Caregiver Education Series classes. Please RSVP for the support group to facilitator Debbie Emerson at [debbiee@hopehospice.com](mailto:debbiee@hopehospice.com) or (925) 829-8770.

## 2020 Class Schedule

### January 11 *Living with Dementia: Dementia Basics, Behaviors, and Communication*

Since dementia dramatically changes the ways that individuals think, perceive, and use language, caring for a loved one with dementia presents a unique set of challenges. This class will discuss the nature and progression of dementia and the various diseases and conditions that can produce its symptoms, and introduce the basics of dementia-related behaviors and communication strategies.

### February 8 *Making Decisions About Caregiving*

Handling sensitive topics and making difficult decisions, especially when emotions are high, is never easy. This session will cover information about formulating a care plan, working together with family members, long-distance caregiving, community services and resources, relocating loved ones, and exploring various care settings including in-home and residential care.

### March 21 *Living with Dementia: Enhancing Well-Being and Person-Centered Care*

Much of the current research in dementia care indicates that a focus on the well-being of the person living with dementia can be an effective strategy to address behavioral symptoms. Caregivers will gain an understanding of how to assess, interpret, and respond to dementia-related behaviors in a manner that can help to promote meaningful connections.

### April 18 *Navigating the Healthcare Environment/Advocating for Your Loved One*

Understanding your rights and learning to communicate effectively with healthcare professionals are key to advocating for your loved ones and yourself in a complex healthcare system. Topics include communicating effectively with healthcare professionals, organizing and managing personal health information, handling hospitalizations, and understanding the discharge process and follow-up care.

### **May 16** *Necessary Evils: Exploring Legal and Financial Issues*

When facing the incapacity of a loved one, reliance on professionals will ensure that families receive the most accurate information about options and protection. A local elder law specialist will share information about establishing powers of attorney, trusts, and wills; paying for long-term care and accessing government assistance programs; examining elder abuse and fraud; and implementing advance healthcare directives.

### **June 13** *Living with Dementia: Developing Daily Care Plans*

Providing daily care for a loved one with dementia can present overwhelming demands on the caregiver, often leading to frustration and exhaustion. With the goal of enhancing the overall well-being of all involved, this class will offer strategies for planning daily activities such as dressing, dining, personal hygiene, and exercising, as well as social and leisure activities.

### **July 11** *Essential Skills for the Family Caregiver*

Many family caregivers are asked to perform a variety of medical or nursing tasks, thus enabling their loved ones to remain at home. Caregivers will be trained in basic skills such as wound care, operating medical equipment, bathing, toileting, and transferring, understanding medical terminology, and implementing personal and home safety measures.

### **August 15** *Understanding Advanced Illness*

At times, it seems as if what may have started out as a single medical diagnosis morphs into many, especially with the elderly patient. This session looks at a variety of illnesses and provides guidance in determining when curative care may become palliative (comfort) care. Caregivers will receive information about the most prevalent co-existing medical conditions among the elderly.

### **September 12** *Living with Dementia: Self-Care and Preventing Caregiver Burnout*

The stress that family caregivers experience as their loved one with dementia declines can be staggering. The constant fluctuation of changing roles, uncertainty about the future, and fatigue may ultimately result in compromised health and family dysfunction. This session will discuss stress management and the importance of obtaining support and utilizing resources. We also provide valuable information about anticipatory grief and coping with emotions.

### **October 10** *Facing End-of-Life Issues and Handling Grief and Loss*

No matter how thoroughly one has prepared for the inevitability of death, when the time comes it still can be a shock to the system. Caregivers will receive information about what to expect in the final days of life, transitioning to palliative (comfort) care, hospice services, and making funeral arrangements. Additionally, the complexities of grief and loss will be examined, and participants will be provided with coping strategies.

### **November 14** *Medicare: An Overview and Update*

Medicare, the federal health insurance program for people age 65+ and those with disabilities doesn't have to be confusing. Experts from the county's Health Insurance Counseling and Advocacy Program (HICAP) will share information about coverage, options for supplementing Medicare, consumer rights and protections, changes for 2020, hospital and skilled nursing facility rights, and detecting and reporting fraud and abuse.

### **December 12** *Healthful Meal Planning for the Elderly and Chronically Ill*

Planning and preparing healthful meals for loved ones is one of the many challenges family caregivers face. Hope's registered dietitian will share valuable information about caring for the nutritional needs of elderly and/or chronically-ill adults, including: identifying the obstacles to healthful eating; avoiding nutritional deficiencies and nutrition-related disorders; and practical tips and suggestions for preparing meals that are healthy, satisfying, and easy.



## Living With Dementia

*An education series for those who provide care to a loved one with dementia*

Hope's **Living With Dementia** series is offered year-round, enabling caregivers to attend at times when they most need it. All classes are offered at no cost, though donations to Hope Hospice are appreciated and allow us to continue to offer the program to others.

Classes are held at our office located at 6377 Clark Avenue in Dublin, CA. To accommodate various schedules, **classes are offered twice on each date listed below**, 1–2:30 p.m. and 6:30–8 p.m. (Program is the same.)

**PLEASE REGISTER** for individual dementia classes at [hopehospice.com/dementia-classes](http://hopehospice.com/dementia-classes), or to Jill Smith at [jills@hopehospice.com](mailto:jills@hopehospice.com) or (925) 829-8770.

*Please note, this series is geared toward the family caregiver and is not intended for professional caregivers.*

Living With Dementia classes are taught by Jill Smith, RN. Jill is a PAC Certified Trainer and Consultant (Teepa Snow's Positive Approach to Care) and Dementia CARES® Specialist (Alzheimer's Association), and she is active on the National Council of Certified Dementia Practitioners.

### Dementia Basics

**January 30, May 28, September 24**

This class explores the various diseases and conditions that may produce dementia symptoms. There is an emphasis on the stages of Alzheimer's disease and other dementias, as well as a discussion of eight essential brain abilities and how each is impacted by dementia.

### Dementia Awareness

**February 27, June 25, October 29**

Dementia can produce significant changes in the way individuals sense and interpret the world around them. This class is designed to help caregivers increase their awareness of how these changes may impact daily functioning. Techniques are introduced and practiced that can enhance the interactions between the caregiver and the person living with dementia.

### Behavior as Communication/Dementia-Related Behaviors

**March 26, July 30, November 10**

As the diseases that cause dementia progress, affected persons will experience a decline in language skills. Communication becomes challenged and dementia-related behaviors, which are almost always related to unmet needs, may become a regular part of day-to-day life. This class will help caregivers learn new ways to understand and communicate with their loved ones.

### Self-Care for the Caregiver

**April 30, August 27, December 10**

The constant fluctuation of changing roles, uncertainty about the future, family struggles and overall fatigue may ultimately compromise the mental and physical health of those caring for a loved one with dementia. This class will focus on stress management strategies and highlight the importance of obtaining support and utilizing resources.



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Hope is a 501(c)(3) non-profit, community-led organization. These education programs are supported in part by generous donations from local organizations, businesses, and individuals. To learn more about how you can contribute, please visit [HopeHospice.com/donate](http://HopeHospice.com/donate).



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