

## Family Caregiver Education Webinar Series

August 2020 – July 2021

10:00 – 11:30 a.m.; Q and A 11:30 a.m. - noon

**REGISTER AT [HopeHospice.com/family](https://www.hopehospice.com/family)**

### **August 13, 2020**                      **Caregiving in the Age of COVID-19**

As a result of the current global health crisis, those who are providing care to loved ones are now experiencing a dramatic shift in what it means to be a caregiver. This webinar will acknowledge and explore the new challenges family members face in caring for aging and/or chronically ill loved ones in these uncertain times. Topics will include: Managing care at home; making the most of facility placement; and insights and tips for self-care. Debbie Emerson, Hope Hospice's Community Health Educator, will be the presenter for this webinar.

### **September 10, 2020**                      ***Living with Dementia: Dementia Basics***

Since dementia dramatically changes the ways that individuals think, perceive, and communicate, caring for a loved one with dementia presents a unique set of challenges. Hope Hospice's dementia specialists, Gia Barsell and Debbie Emerson, will discuss the nature and progression of dementia and the various diseases and conditions that can produce its symptoms. Participants will gain a basic understanding of the ways in which dementia can impact the brain and behavior.

### **October 15, 2020**                      **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. Julie Fiedler, RN, JD, a specialist with Horizon Elder Law, will share information about establishing powers of attorney, trusts and wills, paying for long-term care and accessing government assistance programs.

### **November 12, 2020**                      **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. Our guest presenter will be Katy Brady, MPH, Community Education Coordinator from Alameda County's Health Insurance Counseling and Advocacy Program (HICAP). Ms. Brady will share information about coverage, options for supplementing Medicare, and changes for 2021.

### **December 10, 2020**                      ***Living with Dementia: Understanding Behavior as Communication***

As the conditions that cause dementia progress, communication becomes challenged and persons living with dementia increasingly rely on their behaviors to express their needs. In this webinar, family caregivers will gain an understanding of how to assess, interpret, and respond to dementia-related behaviors in a manner that can improve communication and promote meaningful connections. Hope Hospice's dementia specialists, Gia Barsell and Debbie Emerson, will be the presenters for this webinar.

### **January 14, 2021**                      **Making Decisions About Caregiving**

Handling sensitive topics and making difficult decisions, especially when emotions are high, is never easy. This webinar will cover information about assessing needs, working together with family members, accessing community services and resources, relocating loved ones, and exploring various care settings including in-home and residential care. Debbie Emerson, Hope Hospice's Community Health Educator, will be the presenter for this webinar.

**February 11, 2021**

**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. Webinar topics will include communicating effectively with healthcare professionals, handling hospitalizations, and understanding the discharge process and follow-up care. Debbie Emerson, Hope Hospice's Community Health Educator will be the presenter for this webinar.

**March 11, 2021**

***Living with Dementia: Managing Daily Care***

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

**April 8, 2021**

**Understanding Advanced Illness**

At times, it seems as if what may have begun as a single medical diagnosis morphs into many, especially with the elderly patient. Hope Hospice clinical staff will provide information about the most prevalent co-existing medical conditions among the elderly and the importance of medication management. Guidance will also be provided in determining when it is appropriate for comfort care to be considered in place of curative care and aggressive treatments.

**May 13, 2021**

**Facing End-of-Life Issues: Palliative Care and Hospice**

End-of-life care refers to both the medical care and the emotional support that patients and families receive when death is imminent. While the dying process can vary greatly from individual to individual, in this webinar Hope Hospice clinical staff will share general information about what to expect in the final days of life, transitioning to palliative (comfort) care, selecting hospice services, and making funeral arrangements.

**June 10, 2021**

***Living with Dementia: Self-Care for the Caregiver***

The stress that family caregivers experience as their loved one 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 webinar will focus on understanding the causes of stress, strategies for coping, and the importance of seeking support and utilizing resources. Hope Hospice's dementia specialists, Gia Barsell and Debbie Emerson, will be the presenters for this webinar.

**July 8, 2021**

**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. In this webinar, a local marriage and family therapist will discuss the complexities of grief and loss, including anticipatory grief and ambiguous loss. Participants will be provided with coping strategies to help them both during the final stages of life and after their loved one has passed.