

Family Caregiver Education Series **NOW ONLINE!**

November 2020 – March 2021



If you're caring for an elderly family member, Hope Hospice is here to help with a free education series, now offered as interactive classes through Zoom video conference.

Register at [HopeHospice.com/family](https://www.HopeHospice.com/family). Questions? Call (925) 829-8770.

Thursday, November 12, 10–11:30 a.m. | “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.

Thursday, December 10, 10–11:30 a.m. | “Living With Dementia: Behaviors 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.

Thursday, January 14, 2021, 10–11:30 a.m. | “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.

Thursday, February 11, 2021, 10–11:30 a.m. | “Navigating the Healthcare Environment”

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.

Thursday, March 11, 2021, 10–11:30 a.m. | “Living With Dementia: Managing Daily Care”

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.