

Family Caregiver Education Series **NOW ONLINE!**

February – June 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. Recordings of past events are available on our website, too.

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

Thursday, February 11, 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, 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.

Thursday, April 8, 10–11:30 a.m. | “Understanding Advanced Illness Care”

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.

Thursday, May 13, 10–11:30 a.m. | “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.

Thursday, June 10, 10–11:30 a.m. | “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.