

Family Caregiver Education Series **NOW ONLINE!**

May–September 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, 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. 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.

Thursday, July 8, 10–11:30 a.m. | “Handling Grief and Loss”

No matter how thoroughly one has prepared for the inevitability of death, when the time comes for a loved one to pass on, 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.

Thursday, August 12, 10–11:30 a.m. | “Technology Tools for the Caregiver”

Staying on top of technological advances can be overwhelming, especially for anyone who has not grown up in the computer age. Now that our society has become increasingly more dependent upon technology in our daily lives, it is essential that family caregivers feel comfortable evaluating and using websites, applications, and devices for medical management, communication, monitoring, and researching that are available to assist with caregiving tasks.

Thursday, September 9, 10–11:30 a.m. | “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 unique 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.