

# Family Caregiver Education Series **NOW ONLINE!**

**June–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, 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. | “Signs of Normal Aging versus Dementia”**

**NOTE:** This month's webinar was previously scheduled as “Technology Tools for the Caregiver.” The topic has changed. Have you ever worried whether some of the memory challenges you or a loved one are experiencing are normal? Could they be a sign of something else? As we age, our brains and our bodies undergo changes. We may experience instances where we process information more slowly, or we may have trouble recalling names or dates; these can be examples of typical age-related changes. But what are the indicators that these changes may be due to something more serious such as mild cognitive impairment or dementia? When might it be time to visit the doctor for an evaluation? Hope Hospice's dementia specialists will discuss all of the above questions and more.

**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 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.