

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

December 2021 - April 2022



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.

## **December 9, 10–11:30 a.m. | “Living With Dementia: Behavior as Communication”**

As the conditions that cause dementia progress, verbal communication ability may decline, leaving the person to rely on 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.

## **January 13, 10–11:30 a.m. | “Making Decisions About Caregiving”**

Handling sensitive topics and making difficult decisions about providing for care for a loved one, 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.

## **February 10, 10–11:30 a.m. | “Navigating the Healthcare Environment and Advocating for Your Loved One”**

Understanding your rights and learning to communicate effectively with healthcare professionals are essential in advocating for your loved ones and yourself in a complex healthcare system. This webinar offers tips about creating a partnership with healthcare providers, handling hospitalizations, and understanding discharge planning and follow-up care.

## **March 10, 10–11:30 a.m. | “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 will offer strategies for planning daily activities such as dressing, dining, personal hygiene, and exercising, and discuss the impact of social and leisure activities.

## **April 14, 10–11:30 a.m. | “Understanding Advanced Illness”**

At times, it seems as if what may have begun as a single medical diagnosis morphs into many. 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.