

Family Caregiver Education Series



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.

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. | **NEW “Living With Dementia: New Diagnosis and Next Steps”**

Hearing a doctor confirm that the memory issues you (or a loved one) have been experiencing are, in fact, early symptoms of dementia would understandably be cause for concern. While it may only be natural to think about the worst-case scenario, receiving a dementia diagnosis early on is actually a good thing—it gives you and your family more time to plan for the challenges that lie ahead. Our dementia specialists share resources and strategies to help individuals and families prepare for the changes that a dementia diagnosis will bring.

May 12, 10–11:30 a.m. | “End-of-Life Issues: Hospice and Palliative Care”

End-of-life care refers to both the medical care and the emotional support that patients and families receive when death is imminent. Hope Hospice clinical staff will share general information about what to expect in the final days of life, transitioning to comfort care, selecting hospice services, and making funeral arrangements.

June 9, 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.

July 14, 10–11:30 a.m. | “Handling Grief and Loss”

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