



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. Tune in to the live webinars for a chance to ask questions of the presenters, or watch the recorded versions posted to our website a few days following each webinar.

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

December 8, 10–11:30 a.m. | “Dementia: Understanding Behaviors as Communication”

As the conditions that cause dementia progress, communication becomes challenged; persons living with dementia will increasingly rely on their 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 12, 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 9, 10–11:30 a.m. | “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, as well as social and leisure activities.

March 9, 10–11:30 a.m. | “Navigating the Healthcare Environment”

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. Webinar topics will include tips for communicating effectively with healthcare professionals, handling hospitalizations, and understanding the discharge process and follow-up care.