

Family Caregiver Education Series

A free community service from Hope Hospice



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. Attend the live webinars for a chance to ask questions of the presenters, or watch recorded versions posted to our website a few days after each presentation.

Register at HopeHospice.com/family. Questions? Call (925) 829-8770.

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.

April 13, 10–11:30 a.m. | “New Dementia Diagnosis — Next Steps”

Hearing a medical professional 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, giving you and your family more time to plan for the challenges that lie ahead. Our dementia specialists will share resources and strategies to help individuals and families prepare for the inevitable changes a dementia diagnosis will bring.

May 11, 10–11:30 a.m. | “Facing 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. While the dying process can vary greatly from individual to individual, this webinar presents general information about what to expect in the final days of life, transitioning to palliative (comfort) care, selecting hospice services, and making funeral arrangements.

June 8, 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.