

Caregiving Clips Calendar

Free online webinars/**Fridays Noon**/Autumn 11-Winter 12 Semesters

Nov 18	Help in the Home 2011
	<p>Lauren Reynolds, California Association for Health Services at Home "Hiring a Caregiver" <i>Bringing someone into your home to help: It can be a life-saver, but also presents many unexpected challenges. Understand how to protect yourself and your loved one when hiring a caregiver and what options you might have. How to ask the right questions and what answers to listen for.</i></p>
Dec 2	Health Care
	<p>Margaret Elizondo, MD; Associate Director Sharp Hospice "The Doctor Will See You Now" <i>There is so much to say. How to maximize the precious time with your physician/health care provider about your end-of-life care wishes. And, crucially, how to be prepared by starting the conversation with family members about the difficult choices that may lie ahead. What to ask? What do you need to know? When do we consider palliative or hospice care?</i></p>
Dec 9	Caring Coast to Coast – Special Guest
	<p>Gregory Johnson, EmblemHealth - Care for the Family Caregiver "Caring Through the Holidays" <i>The warmth of this special time of year can be cooled by the challenges of caregiving. Learn how to make the most of your family's time together. These can be some of life's cherished moments. Don't miss Gregory Johnson, Director of Community Outreach, Co-Creator of EmblemHealth's "Care for the Family Caregiver," a resource of the 2005 White House Conference on Aging, joining us LIVE from New York City.</i></p>
Dec 16	Safety and Security
	<p>Jennifer Bransford-Koons, APS Manager, County of San Diego "What Caregivers need to Know About Adult Protective Service" <i>As a family caregiver, you help your loved one maintain health and financial well-being. Who do you call if a vulnerable relative is being exploited? How do you know if you are doing the right things? This seminar explains what APS does and how to keep your family secure.</i></p>
Feb 3	Self Care 2012
	<p>Dr. Diane Darby-Beach, Alzheimer's Association "Brain Health" <i>It is never too late! Food and exercise tips to keep your brain as healthy as your body. Research shows mental exercise can help. Which are most effective?</i></p>
Feb 10	Patient's Rights
	<p>Lois Kelly, Elder Law & Advocacy "Legal and Family Matters: The Crossroads" <i>Learn strategies for protecting loved ones and yourself. Questions about documents and financial responsibility? Lois speaks from her experience as an attorney and as a daughter.</i></p>
Feb 17	Health Care
	<p>Burton Disner, North Coast Home Health Products "The Make or Break Dilemma: Incontinence Care " <i>What is one of the major causes of caregiver burn-out? Incontinence care may become unavoidable, but there are practical ways of solving unexpected problems.</i></p>
Coming!	Caregiving & Intimacy; Veterans Issues; Patient Rights; Driving

Who should watch? Adult children of aging parents; spouses caring for their loved ones; seniors; professionals in the field of aging. **Where?** Anywhere you can access the internet. These live, interactive seminars are easy. All you need is internet access and e-mail. **I'm interested. What next?** Once registered, you will receive an e-mail with instructions on how to join the viewing.

REGISTER AT: www.caregivercoalitionsd.org