



TELECONNECTION

www.caregiverteleconnection.org



Free Telephone Learning Sessions

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Date	Time	Topic
Wednesday, September 7th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Compassion Fatigue with Dr. Jamie Huysman, PsyD, LCSW, CAP, CFT <i>What is Compassion Fatigue and how is it related to caregiving? Listen as Dr. Jamie Huysman explains this concept and the steps that caregivers can take to avoid it.</i>
Monday, September 12th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific	Area Agency on Aging Support Services and Programs with Mary Jane Douglas, Benefits Counselor <i>Learn about services available through the Area Agency on Aging of North Central Texas. Even though this program is about specific programs for the North Central Texas area, similar programs are available throughout the US. Learn more about Medicare and Medicaid, connecting to services, caregiver support, advocacy for people in nursing homes, and other services funded by the Area Agency on Aging such as Meals on Wheels and transportation. Sponsored by the North Central Texas Caregiver Teleconnection</i>
Tuesday, September 20th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Fall Proofing your Home and Yourself with Chelsea Gilchrist, MGS and Scott Trudeau, PhD, OTR/L <i>September 22, 2016 is National Fall Prevention Awareness Day. Chelsea Gilchrist, MGS, with the National Council on Aging, and Scott Trudeau, PhD, OTR/L, with the American Occupational Therapy Association, Inc., will discuss the impact of falls, as well as the risk factors. They will also address fall prevention strategies, and fall proofing the home environment.</i>
Wednesday, September 28th	3:00 pm Eastern 2:00 pm Central 1:00 pm Mountain 12:00 pm Pacific	Developing Coping Strategies with Evalyn Greb, LCSW <i>Caregivers are confronted with a myriad of stressful situations on a daily basis, and need effective coping strategies in order to deal with these situations. Listen to Evalyn Greb, LCSW describe how caregivers can develop more effective coping strategies, leading to a happier and more productive life.</i>
Thursday, September 29th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific	Safe Meds for Seniors and Their Caregivers with Lucy Barylak, LMSW <i>Many caregivers have questions and concerns about the management of medicines for their loved one. Join in this 4 session series featuring Lucy Barylak, LMSW, a primary developer of this educational material, and a member of the steering committee of the Canadian Caregiver Coalition. All caregivers participating in this 4 session series will receive a booklet and the opportunity to participate in an evaluation of the program sponsored by the University of Texas Health Science Center. **Space for 20 participants (Must be a Family Caregiver)**</i>



A program of the WellMed Charitable Foundation

Register online at www.caregiverteleconnection.org or call 866.390.6491 Toll Free

Registration required at least 24 hours in advance