

LifeCare®



 **caregivingclub**

2013 Calendar of Webinars

Wednesday May 22nd, 1pm ET

How to Have the C-A-R-E ConversationSM

May marks Older Americans Month- a time to consider how to start the conversation with an older loved one about their future and end of life care. Where and how do you begin? Sherri Snelling will provide caregivers talking points and tips to help you get started.

Wednesday June 19th, 1pm ET

Senior Driving – Staying Safe, Independent

June is National Safe Driving Month. Having the conversation with an older parent about “giving up the keys” is something most of us avoid. We’ll explore the 3 stages of senior driving 1) driving safety 2) driving retirement and 3) alternative transportation to keep them independent.

Wednesday July 17th, 1pm ET

Sandwich Generation Juggling Act

July is Sandwich Generation Month - more than 24 million Americans are “sandwiched” between caring for two generations: children still at home and older parents. How can caregivers manage stress, burn-out and depression which can lead to other health risks? Explore solutions on how caregivers can juggle it all without risking your own health and wellness.

Wednesday August 14th, 1pm ET

Caregiver Emergency Preparation

It’s National Preparedness Month. Whether it’s a fire, blizzard, hurricane, tornado, earthquake or man-made disaster, having a family emergency plan is essential for caregivers. This session covers all the basics from the American Red Cross, the CDC and other great resources you need to know to ensure your loved ones’ safety and your peace of mind.

Wednesday September 18th, 1pm ET

Senior Fall Risk and Prevention

September 22nd is National Fall Prevention Awareness Day. According to the CDC more than 2 million seniors wind up in the emergency room each year from falling in their home. This session covers what caregivers should know about risk factors and how to prevent falls from happening.

Wednesday October 23rd 1pm ET

Care Transitions – Hospital to Home

One of the biggest challenges caregivers face is helping a loved one transition from hospital to home. This session will teach caregivers how to navigate the process: providing checklists, questions for the hospital, the Doctors, how to find the best in home care and how a Geriatric Care manager can help.

Wednesday November 13th 1pm ET

Caring Long-Distance - Home for the Holidays

November is the time when families will gather for the holidays making this the perfect time to evaluate how your loved one is doing and what signs you may be overlooking. We'll review the 10 signposts on the road to caregiving and review solutions available to keep your loved one living independently at home.

Wednesday December 4th 1pm ET

Caregiving 2.0 – Technology Holiday Gift Guide

Whether it's a GPS shoe for tracking wandering parents with dementia, programmed caps for medication bottles or a special phone for hearing impaired, caregiving and aging technology products are exploding. We'll look at the latest technology and gadgets for safety and health. Peace on earth and peace of mind for caregivers!

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Sherri Snelling, CEO of Caregiving Club and author of *A Cast of Caregivers*, serves as host and content advisor of the monthly LifeCare webinars on caregiving. Sherri is a national expert on helping caregivers balance self-care while caregiving, was the former chairman of the National Alliance for Caregiving and was selected as one of the Top 10 Alzheimer's Influencers online by Sharecare experts and Dr. Oz.