

Refreshment for the Caregiver's Spirit

Wednesday, January 12, 2022 from 1:00 pm to 2:30 pm

Author Loretta Woodward Veney offers practical tips, tools and activities for lifting care partners' spirits and uncovering their joy as we launch into the new year.

Normal Aging versus Dementia

Wednesday, February 9, 2022 from 1:00 pm to 2:30 pm

Join us for a discussion on changes that occur with age, warning signs of a memory problem, and what to do if someone you love is experiencing symptoms of dementia.

The Dementias: Research Update

Wednesday, March 9, 2022 from 1:00 pm to 2:30 pm

We will discuss common dementias and general stages to help you anticipate future changes. Learn about the treatment of symptoms, current research, and clinical trials available.

You Can't Do This Alone: Building a Care Team

Wednesday, April 13, 2022 from 1:00 pm to 2:30 pm

Dementia care is not one size fits all. Join us to discuss how to build a care team, who should be part of the team, and ways that the team can provide care and support to you and your loved one now and in the future.

Getting Your Ducks in a Row: Legal Planning

Wednesday, May 11, 2022 from 1:00 pm to 2:30 pm

There are many legal needs to be taken care of such as powers of attorney, wills and estates, guardianships, and trusts. An elder law attorney will help you get your ducks in a row.

Adjusting to Communication and Behavior Changes

Wednesday, June 8, 2022 from 1:00 pm to 2:30 pm

Communication can become difficult as you struggle to meet and understand the needs of your loved one. Come and learn strategies for effective communication and understanding and responding to difficult behaviors.

Tips for Daily Living Success at Home

Wednesday, July 13, 2022 from 1:00 pm to 2:30 pm

Make each day more successful! Learn tips and tricks for providing hands-on care for eating, dressing, bathing, hygiene and toileting.

The Art of Activities and Engagement

Wednesday, August 10, 2022 from 1:00 pm to 2:30 pm

How can you reconnect with someone with dementia? Keeping their current abilities in mind, learn ways to keep your loved one engaged in personalized activities.

Caregiver's Guide to Understanding Care Options

Wednesday, September 14, 2022 from 1:00 pm to 2:30 pm

Dementia care is not one size fits all. Each person, each stage, and each family is unique. Come and learn about multiple care options to plan and evaluate what is right for your family.

How Will We Pay for Care: Financial Considerations

Wednesday, October 12, 2022 from 1:00 pm to 2:30 pm

The financial costs of long term care and long term caregiving are enormous. Explore some of your options for this important aspect of caregiving.

Understanding Palliative Care and Hospice

Wednesday, November 9, 2022 from 1:00 pm to 2:30 pm

As the end of life approaches, it is a difficult time to deal with the emotions, while still coordinating care for a loved one. Come learn about the various aspects and benefits of palliative care and hospice.

Caregiving: An Emotional Rollercoaster

Wednesday, December 14, 2022 from 1:00 pm to 2:30 pm

The caregiving journey will have you experiencing many highs and lows. We'll discuss the variety of emotions that are often felt by caregivers and tips on going along for the ride.

Details

- **Sessions are free** and open to anyone interested in learning more about caring for a loved one at home.
- To register, please visit InsightMCC.org/events.
- **Classes are currently held virtually.** Once registered, participants will be emailed log-in information to join.
- All webinars will be recorded and available on our website following the live sessions.
- **Questions?** Please contact us at 703-204-4664, or learn more online at InsightMCC.org.