

INNOVATIVE HOSPICE PROGRAMS TO SUPPORT FAMILY CAREGIVERS



DESCRIPTION:

As an integral part of hospice care, family caregivers now more than ever find themselves unprepared, overtired, stressed, and without the knowledge and resources they need to provide sufficient care to their loved ones or themselves. Join representatives from three hospice programs to learn about their innovative approaches to enhance family caregiver support while improving patient care and the family caregiving experience.

PROGRAM DETAILS:

This presentation features experienced professionals offering their own expertise on the topic. On the screen, you will see the slide presentation and will be able to hear the experts talking and presenting. If you login for the live version of the program, you'll also have the opportunity to email or text the experts' questions that they will discuss and answer during the program's Q & A session.

LIVE DATE:	November 12, 2024
TIME:	Noon to 1:30pm ET
ON DEMAND:	Available for 6 months; until May 12, 2025
LENGTH:	90 minutes
CEs:	1.5 hours
CONTENT LEVEL:	The program is mainly for professionals already working in the field but is practical for all levels of education – entry level, intermediate or advanced.
TARGET AUDIENCE:	Health care clinicians, social service clinicians and others working in the hospice, palliative care, counseling, hospital, nursing home, funeral home, or faith community environments

This program will be live on the air date, recorded and made available for on demand viewing. The recorded program will be available approximately a day after the live event.

TECHNICAL REQUIREMENTS

To view the program, you will need a computer and screen, reliable internet access, and speakers.

TEST LINK for live program Audio and Video: <https://zoom.us/test>

Technical Questions? Please go to <https://zoom.us/> and click "support"

PROGRAM FEES/MATERIALS:

Registration includes continuing education and on-demand viewing for 6 months from live date.

Single Webinar Registration

Individual Viewer: Member: FREE | Non-member: \$35.00
Organizational Viewing: Member: FREE | Non-member: \$135.00

HOW TO REGISTER:

Register directly online, on HFA's website: <https://www.hospicefoundation.org>

MATERIALS AREA:

Materials are available on HFA's website at <https://hospicefoundation.org/Shop-HFA/My-Account>. From here, click on "Orders/Courses." *Information will be posted to your account as they become available.*

LEARNING OBJECTIVES:

At the conclusion of this webinar, participants will be able to:

1. Describe the impact that caregiving can have on the overall health of the caregiver, their financial security, and isolation & loneliness and the importance of addressing these concerns.
 2. Apply the tools to create a one-day Caregiver Retreat that will address the issues that come along with being a caregiver, while providing a stress-free, resource-rich and informative environment for those who attend.
 3. Recognize the importance of dementia caregiver skills training.
 4. Recognize caregiver's susceptibility to acute and post-traumatic stress.
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PROGRAM OUTLINE:

Part 1: *Presented by Susan Turner, CFRE (20 min)*

- Introduction (3 minutes)
 - Purpose: Explain the need for a caregiver retreat.
- Setting Goals (3 minutes)
 - Caregiving
 - Logistics
- Planning the Day (5 minutes)
 - Agenda: Create a detailed daily (one-day) itinerary
 - Offer Varied Agenda: Opportunities to learn, grow, network, be pampered.
- Support Services (2 minutes)
 - Respite Care: Arrange for care for participants' loved ones during the retreat.
 - On-Site Support: Provide access to counselors or support staff.
- Marketing and Outreach (3 minutes)
 - Promotion: Develop a marketing plan to reach potential attendees.
 - Registration: Set up an accessible and user-friendly registration process.
- Evaluation and Feedback (2 minutes)
 - Surveys: Create pre- and post-retreat surveys/evaluations to gather feedback.
 - Follow-Up: Plan for follow-up support and future retreats.
- Conclusion (2 minutes)

Part 2: *Presented by Jill Costello, MA, PAC (27 min)*

- Importance of education on dementia-related brain change. (8 minutes)
 - Improved understanding to reduce psychological distress for both care partners
 - Improved communication and relationship between care partners promotes a safe and stimulating environment leading to a better quality of life for both.
- Importance of specialized dementia caregiver skills training. (9 minutes)
 - Acquiring proper dementia-related caregiver skills to support relationships between the care partners as the disease progresses.
- Caregiver's PTSD (post-traumatic stress disorder). (10 minutes)

- Negative impact caregiving.
- Acute stress disorder (ASD).
- Self-care for caregivers.

Part 3: Presented by Elisa Stone, YoloCares (20 min)

I will guide attendees through four impactful aspects of a quality caregiver support group:

- I. Discuss the unique needs that arise in a caregiver support group (4 minutes)
- II. Four important components: (12 minutes)
 - a. Safety
 - b. Presence
 - c. Self-compassion
 - d. Self-disclosure.
- III. The importance of creating space for the four components (4 minutes)

Question & Answer Session (23 min)

CONTINUING EDUCATION (CE) CREDITS:

This program is valid for 1.5 continuing education contact hours. CE hours are available for 6 months, until May 12, 2025.

A complete list of board approvals for this webinar program is posted to HFA's website at www.hospicefoundation.org on the program's registration page.

COURSE COMPLETION REQUIREMENTS:

Participants must attend the entire 1.5 hour program. Partial credit is not awarded. Participants must also complete the entire CE process online which includes a required evaluation form and exam. The exam must be completed at 80% or above (the exam may be re-taken, if necessary).

EXPERT PANELISTS:

Jill Costello, MA, PAC, is the Program Coordinator for Hospice Savannah's Edel Caregiver Institute, connecting family caregivers with community resources while providing education and emotional support. Holding a master's in counseling psychology from Trevecca University in Nashville, TN, Jill is also certified in her work with persons living with dementia and their caregivers through Teepa Snow's Positive Approach to Care®, the Rosalynn Carter Institute for Caregiving, Dementia Live®, and Music and Memory®. Jill has initiated the development of the ECI Dementia Program to meet a growing need for education, emotional support, and focus on special skills for caregivers of a person living with dementia.

Elisa Stone, YoloCares

Elisa brings decades of experience supporting and educating those facing life-limiting situations. Accomplished in developing and managing social programs and services, she focuses on the emotional life of individuals and families across the age spectrum. She has extensive experience supporting and guiding caregivers through the often difficult, yet rewarding experience of caring for a declining loved one. She also guides YoloCares for Kids, YoloCares' many programs for kids, teens, and their families.

Susan Turner, CFRE, is currently the Vice President of Community Programs & Services for Accord Hospice & Palliative Care overseeing outreach, events, and building relations at their three locations in Arizona and Kansas. She has spent most of her career working in the non-

profit world in a leadership role and the last 13 years with hospice focusing on fundraising, building relationships and educating others on the important decisions, topics, and responsibilities that often arise at end-of-life. Susan has a passion for educating the underserved and marginalized populations and her work is inspired by unique ways to reach those members of our communities, often partnering with other organizations including Hospice Foundation of America.

MODERATOR:

Craig Dresang, Healthcare CEO, writer, educator, and hospice advocate, is CEO of YoloCares, Sacramento Valley's first established hospice and community-based palliative care program. He is also an end-of-life columnist for the Davis Enterprise and a board member for Joshua's House in Sacramento, the first hospice residence for the homeless on the West Coast. During his 20+ years in palliative care he has chaired the Nonprofit Hospice Coalition of Northern California and raised \$50 million for the construction of four hospice residences in the Chicago area. In 2020, his organization secured a \$1 million research grant from the Yocha Dehe Wintun Nation to better understand and address barriers to care for rural and indigenous populations. Prior to his move to Sacramento in 2014, Dresang served as a commissioner for the City of Elgin, Illinois' Cultural Arts Commission, and Board president for Elgin OPERA. He holds two degrees from the University of Wisconsin-Whitewater, and has been a frequent guest instructor and lecturer at both the Kellogg School of Management and the Medill School of Journalism at Northwestern University in Evanston, Illinois.

REVIEWER:

Angela Novas, MSN, RN, CRNP, ACHPN, *Senior Medical Officer*, Hospice Foundation of America

BIBLIOGRAPHY/REFERENCES:

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Reasonable accommodation may be made available, on an individual basis. To request accommodation, please contact HFA via email at educate@hospicefoundation.org or call 800-854-3402, or write to HFA, 1707 L Street NW, Suite 220, Washington, DC 20036.

CONFLICT OF INTEREST:

Planners (Panelists and Review Committee Members) disclose no conflict of interest relative to this educational activity. None of the planners or presenters for this educational activity have relevant financial relationships to disclose with ineligible companies.

FOR QUESTIONS, COMMENTS, OR ADDRESSING GRIEVANCES

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