

BUILDING RESILIENCE IN CAREGIVING FAMILIES

DESCRIPTION:

Family caregiver burnout is real and a challenge for many families who feel underprepared and overwhelmed during their hospice caregiving experience. This webinar will include a summary of clinically-relevant results of several recent studies investigating strategies to support family caregivers of hospice patients. It will highlight actionable steps hospice teams can take to promote resilience among patients' family members alongside efforts to bolster supports necessary to decrease caregiving stress.

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.

RELEASE DATE:	Program originally premiered March 12, 2024
ON DEMAND:	Available for 1 year; until March 11, 2025
LENGTH:	90 minutes
CEs:	1.5 hours for a wide variety of professional boards
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

TECHNICAL REQUIREMENTS

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

PROGRAM FEES/MATERIALS:

Registration includes continuing education and on-demand viewing for 1 year from live date. As there are no refunds on registration (all registrations have immediate access to program video & materials), please be sure to test the system requirements prior to purchase.

ADVANCE PURCHASE Single Webinar Registration

Individual Viewer: Member: \$27.30 | Non-member: \$45.50
Organizational Viewing: Member: \$156.00 | Non-member: \$260.00

SAME DAY and ON-DEMAND PURCHASE Single Webinar Registration

Individual Viewer: Member: \$29.70 | Non-member: \$49.50
Organizational Viewing: Member: \$165.00 | Non-member: \$275.00

WEBINAR PACKAGE (9 programs)

Individual Viewer: Member: \$241.80 | Non-member: \$403.00

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."

LEARNING OBJECTIVES:

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

- Describe the ways stress and burden impact caregiver and patient health.
 - Recognize challenges of implementing evidence-based resilience and coping interventions in hospice.
 - Apply simple, effective strategies for promoting resilience and coping in hospice family caregivers.
 - Identify at least three resources for accessing the newest evidence on strategies for promoting caregiver resilience.
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PROGRAM OUTLINE:

1. Presenter introductions (5 min.)
2. Define key terms (5 min.)
 - a. Resilience (emphasize need to support caregivers in addition to—not instead of—working to improve existing conditions and available resources to reduce caregiving burden)
 - b. Effective coping
3. Summarize problem (10 min.)
 - a. Hospice caregiver distress
 - b. Hospice caregiver burden
4. Importance of the problem (15 min.)
 - a. Linkages to patient outcomes
 - b. Caregiver ongoing/long-term mental health
 - c. Effects on grief
 - d. Policy and economic implications
 - i. e.g., increased need for institutional care
 - e. Health equity issues
 - i. e.g., Inequitable access to resources to support caregiver wellbeing
5. Evidence re: modifiable nature of caregiver distress and burden (5 min.)
6. Strategies to support resilience in caregiving families (30 min.)
 - a. Define key terms (e.g., *intervention*)
 - b. Differentiate between evidence-based programs and evidence-informed support strategies
 - c. Emphasize importance of interdisciplinary/interprofessional assessment to assist hospice professionals in identifying appropriate support strategies.
 - d. Describe strategies aimed at:
 - i. education/training to strengthen caregiving knowledge and skills
 - ii. support for self-care for self-preservation
 - iii. promotion of social connectedness
 - iv. action planning

7. Application/practice (10 min.)
 8. Q&A (10 min.)
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CONTINUING EDUCATION:

This program is valid for 1.5 continuing education contact hours. CE hours are available until March 11, 2025.

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

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:

Jacquelyn J. Benson, PhD, MA, is an Associate Professor of Medicine in the Division of Palliative Medicine at the Washington University School of Medicine in St. Louis, Missouri. Dr. Benson is a family gerontologist whose program of research has a translation focus aimed at enhancing the psychological and social lives of older adults and their caregiving families. Much of her work focuses on testing and implementing psychosocial and behavioral interventions designed to promote healthy lifestyles, positive social connections, and better mental health outcomes for family caregivers of older adults living with cancer, dementia, or other serious illnesses.

Karla Washington, PhD, LCSW, researches interventions intended to promote the cultural, spiritual, and biopsychosocial wellbeing of patients, families and communities facing life-limiting, serious illnesses. Dr. Washington's research applies digital health solutions in the linked fields of palliative and hospice care. Her current projects include: an intervention to support and educate rural hospice family caregivers controlling pain and various distressing issues in the home setting as well as a cognitive-behavioral intervention randomized clinical trial for caregivers of family members with cancer who are receiving palliative care in the outpatient setting.

REVIEWER:

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

BIBLIOGRAPHY/REFERENCES:

Bailey, W. A., & Harrist, A.W. (2018). *Family Caregiving: Fostering Resilience Across the Life Course*. Springer.

Caregiving in the U.S. 2020. The National Alliance for Caregiving (NAC) and AARP.
<https://www.caregiving.org/research/caregiving-in-the-us/>

Palacio et al. (2020). Resilience in Caregivers: A Systematic Review. *American Journal of Hospice & Palliative Medicine*. 2020. Vol. 37(8) 648-658.

Parker Oliver et al. (2017). Challenges and Strategies for Hospice Caregivers: A qualitative Analysis. *Gerontologist*, 2017, Vol. 57, No. 4, 648-656.

Shin & Choi (2020). Interventions to Promote Caregiver Resilience. *Curr Opin Support Palliat Care*. 2020 March; 14(1): 60-66.

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SPECIAL ACCOMMODATIONS FOR DISABILITY (ADA):

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

Please contact Hospice Foundation of America (HFA)

1707 L Street NW, Suite 220, Washington, DC 20036

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