



## **MONTHLY CAREGIVER WORKSHOPS**

### **February – “Hospice: It’s More Than You Think!”**

New Castle: February 20<sup>th</sup>

Georgetown: February 21<sup>st</sup>

Roxanne Couzens, MSW from Delaware Hospice will lead a discussion that will help dispel any myths that might impact how you think about hospice. She will guide attendees through a discussion about what hospice is, when to get hospice involved, and who pays for hospice services.

### **March – “Think First to Prevent Falls”**

New Castle: March 20<sup>th</sup>

Georgetown: March 21<sup>st</sup>

Kathy Boyer, MSN, RN from Christiana Hospital will present the first in a series of four workshops on Fall Prevention. Falls are a leading cause of injury, and if YOU, the caregiver fall and injure yourself, who will take care of your loved one? Kathy will get you thinking about how to prevent falls in and around your home for both your loved one and you.

### **April – “Environmental Modifications – Make Your Home Safe to Prevent Falls”**

New Castle: April 17<sup>th</sup>

Georgetown: April 18<sup>th</sup>

As the CDC recommends, environmental modifications to your home is one way to prevent falls. In part two of our Fall Prevention series, Adam Samuel, ATP, CAPS of Avenue Medical Construction, will discuss ways to make your home, or your loved one’s home, safer and address fall risks.

### **May – “Exercise to Prevent Falls”**

New Castle: May 15<sup>th</sup>

Georgetown: May 16<sup>th</sup>

The third workshop in our series on Fall Prevention focuses on general exercise, flexibility and strengthening. Join Physical Therapists from the University of Delaware to learn why exercise is important to help you move more confidently and prevent falls in your home and in the community.

### **June – “Managing Your Medication to Prevent Falls”**

New Castle: June 19<sup>th</sup>

Georgetown: June 20<sup>th</sup>

The final workshop in the Fall Prevention series focuses on managing medication. Learn from Joli Martini, PharmD, CGP how medications impact falls, which medications may increase your risk for falls, the importance of taking medication at the right time, and understanding how medications interact to influence fall risk.



## **July – “Social Security 101”**

New Castle: July 17<sup>th</sup>

Georgetown: July 18<sup>th</sup>

Always a popular workshop, Social Security 101 is presented by Matthew Baxter, Public Affairs Specialist with Social Security. Come learn the basics of Social Security such as, retirement and survivor benefits, Social Security and Medicare, and the new online services to help you access your Social Security benefits more easily.

## **August – “Parenting the Second Time Around – Working with Your Grandchild’s School”**

New Castle: August 21<sup>st</sup>

Georgetown: August 22<sup>nd</sup>

\*\*Dover: August 20<sup>th</sup>

Are you a grandparent or other non-parent relative taking care of a school-age child? Working with the school is different now than it was when you were raising your children, especially if your grandchild has special needs. Meedra Surratte, Executive Director of Parent Information Center, will help you learn ways to work with the school staff to meet the needs of your grandchild.

## **Easterseals/DSAAPD Annual Caregiver Conference**

**August 28, 2019**

**9 am – 3 pm**