



Jenerations Health Education, Inc.

## Sample Topics For Prospective Clients, Patients, Residents & Family Caregivers

### *Programs About Reducing Stress For The Caregiver*

#### **CRUISE Through Caregiving: How To Reduce The Stress of Caring For A Loved One**

On a scale of 0-100 is your stress level 150? Caregiving for a loved one who has acute or chronic illness is no vacation...but you can choose to cruise more smoothly through the process. This presentation will help family caregivers identify some of the major stressors involved in caregiving. Attendees will leave this presentation with strategies on how to minimize, manage and the prevent stress of caregiving following the CRUISE methods based on the book *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*.

#### **Corporate Caregiver: Negotiating Career While Taking Care of Someone You Love**

Your career is important and someone you love needs care. How on earth do you manage both? This one-of-a-kind program will help you determine your personal priorities, identify areas where you are truly indispensable, and how to fill in the gaps with other resources. After attending, you will walk away with tangible steps on how to be (*and feel!!*) more successful in both your business and personal life.

#### **How To Stop Feeling Like Cr\*p While Caring For My Loved One**

Caregiving is a noble but exhausting endeavor. Most family caregivers experience difficult feelings like guilt, anger, stress, resentment, and burnout but have no idea how to cope with them. Led by a former geriatric psychotherapist, this program will help you identify and manage your challenging feelings so your stress is reduced while loved ones get the care they deserve.

### **Know Thy Parent, Know Thyself: A Self-Exploration Journey For Caregivers**

This program is specifically for adult children of older parents who feel that caregiving is taking over their lives. Are your days filled with worrying about what will make your parent happy, healthy and safe? Are you also balancing the needs of your children, job and friends? When was the last time you really took care of yourself? An open mind and the willingness to examine personal goals are key to enjoying this program.

### **Dealing With A Loved One Who's Always Been "Difficult"**

Caregiving is never easy but if you are taking care of someone who is unappreciative and complains all the time, it's downright grueling. Join us for this interactive program on why some loved ones are "always difficult" and how to better cope.

### **Taking The Helm: Why Every Captain Needs A Crew In Caregiving**

Most caregivers taking care of a loved one struggle alone or with the help of just a few others. But caregiving is so much less stressful when there is a strong captain (primary caregiver), a few first mates (secondary caregivers) and numerous deckhands (tertiary caregivers). This program will demonstrate strategies for how the caregiver captain can take the helm by recruiting and maintaining a reliable crew.

### **Disrupting the Stress Cycle in Caregiving**

Frequently the caregiving journey begins with a crisis, like a sudden illness, accident, or hospitalization. This launches the tidal wave of stress that devastates the patient, primary caregiver, and even extended family. What if you could stop the stress cycle in its tracks so everyone's life is more peaceful? Join us for this interactive program on identifying the peaks and valleys of the stress cycle in caregiving and how to course-correct your journey.

## ***Programs For Encouraging A Move to Senior Living***

### ***Managing The Stressors of Loving an Aging Parent: Practical and Emotional Considerations***

Do you feel like helping your older parent has taken over your life? Are you stressed out trying to ensure that your aging loved one is safe, healthy, and happy? If you are craving a return to feeling like your old self, this program is for you!

During this presentation, former psychotherapist Jennifer L. FitzPatrick will guide you on how to get the balance back into your life. We will cover what senior living is, when your

parent needs it, and lots of other resources that will help you navigate this challenging time.

### **When Your Older Loved One Suffers From Loneliness Or Social Isolation**

Is your older loved one socially isolated or lonely? Should you try to do something about it if they are? Isolation doesn't just negatively impact physical and mental health but also increases the risk that your loved one will be financially exploited or suffer other abuse. Join us for this informative program on how to determine if your loved one is suffering from isolation and/or loneliness and what you can do about it.

### **Where Do We Belong Now? Navigating The Practical & Emotional Elements of A Retirement Lifestyle**

Deciding whether or not to move out of your home is challenging. Is it too soon? Will I regret it? What are the pros and cons? This provocative presentation will help you answer questions about both the pragmatic and emotional challenges of moving as we age. This program will also offer tips so older adults and their family members can have meaningful conversations together to make the decision.

### **Rethinking Quality of Life When Your Loved One Has Memory Problems**

Isolation for older adults who have dementia and their family caregivers involves more than just loneliness—the literature suggests it's downright dangerous for their health. Isolation doesn't just negatively impact physical and mental health but it also increases the risk that an older adult will be financially exploited or suffer other abuse. This interactive session will help you determine if you or your loved one are isolated and solutions for becoming more socially engaged.

### ***What Is Senior Living: Signs That It's Time To Discuss a Move or Make Other Changes for Your Older Parent***

*Are you considering the next steps for your aging parent? Are you unsure about what senior living is and how to begin the discussion with your loved one? Are you working through the emotional and logistical challenges of a move?*

*During this presentation you will learn about senior living options, how to start the conversation with your parent or loved one, resources you may need and how to care for yourself during this stressful and emotional time.*

## *Post-Pandemic Caregiving Programs: How To Move Forward*

### **Navigating Risk After Covid-19: What's "Safe?"**

While Covid-19 has been deadly for some, the vast majority of people (even older adults) recover. But because of relentless media and public health messaging about its dangers, many older adults and their family caregivers live in a state of constant fear. Join us for this interactive, fact-filled program on how to make the best decisions for you and your loved one that considers *both* physical and mental health.

## *Life Care Community-Specific Programs*

### **Sweet Dreams: Reimagining Caring for Your Older Loved One So You Sleep Better at Night**

This presentation helps family caregivers of residents who are "propping up" their loved ones who live in independent living break out of denial and take action steps toward moving to a higher level of care.

### **Negotiating Quality of Life As You Both Move Through the Aging Process**

This presentation helps both family caregivers of residents *AND* decisional life care community residents consider the physical, psychological, and cognitive risks of lingering in independent living when it's no longer a good fit.

## **What A Good Life Looks Like When Your Loved One Has Dementia in a Continuing Care Retirement Community**

This presentation inspires family caregivers or residents who have dementia to embrace different levels of care and special services your life care community offers.

### **Ask the Author**

These individual consulting sessions offer a private Q&A with former psychotherapist Jennifer FitzPatrick with family caregivers of residents and decisional life care community residents.

## *Programs About Navigating The Health & Long Term Care “System”*

### **DNR: What it DOESN'T mean. Discussing treatment options for your love one**

The term “DNR” can be confusing! This program will help you better understand DNR (do not resuscitate,) Full Code, and other daunting jargon. This program will help you understand what to ask of healthcare professionals and how to make the best decisions for both acute and long term situations. This interactive event will debunk the myths of what “being a ‘DNR’ means.”

### **Who Is Paying for What? Navigating the World of Medicare & Health Insurances**

Come gain an understanding about Medicare and learn what it does and does not pay for in the hospital, the home and other healthcare settings. This program will help you become acquainted to the concept of “Managed Medicare.” You will leave this interactive event better understanding the differences between Managed Medicare, traditional Medicare, as well as commercial insurances.

## **Decoding the World of Healthcare Roles: POA, Living Wills, Advance Directives, Surrogacy**

Do these terms confuse you? You are not alone! Join us as we review the meanings of the different roles you may take on as a loved one ages: Power of Attorney, Healthcare Agent, or Surrogate Decisions Maker. Also discussed will be the differences between Advance Directives and Living Wills. This information-packed program will help you better protect your loved one and yourself.

## **The Healthcare Puzzle: Putting the pieces together and finding the right solutions for the best care**

Are you a family member trying to understand the healthcare system so you can plan for your loved ones' future needs? Join us to learn about the different levels of care, the available resources, and how to know when to actively pursue the different options.

## ***Programs About Dementia Behavioral Management***

### **Beyond Memory Loss: Handling Personality Changes & Impulse Control Issues In Dementia**

Nearly everyone understands that people with Alzheimer's Disease and other types of dementia experience memory loss. What most people don't understand is why someone with dementia might exhibit odd behaviors or act so differently from the way they did before. This program will help you better navigate the symptoms of dementia that are difficult to understand and manage.

### **Foolproof Strategies For Preventing & Managing Aggressive Behavior In Dementia**

Persons with Alzheimer's disease and other types of dementia frequently exhibit behaviors that are difficult to understand, manage and treat. Perhaps the most challenging is when the patient acts out with physical, verbal or even sexual aggression. This straightforward program will also offer strategies for minimizing and eliminating aggressive behavior, increasing quality of life for the patient and making the caregiving experience less stressful.

## **Behaviors As Communication: Interpreting The Needs & Wants Of A Loved One Who Has Dementia**

Caregivers are frequently frustrated by the behaviors exhibited by those diagnosed with dementia. When we understand that these challenging behaviors are sometimes the only way the patient can communicate, it helps us develop more patience and understanding. Join us for this informative program on interpreting body language, reading signals and navigating the mysterious behavioral language of dementia.

## ***Programs About Mental Health & Caregiving***

### **Narcissistic, Borderline & Histrionic Personality Disorders In Caregiving: How To Survive**

Approximately 9% of all people have a personality disorder (DSM-5). These often undiagnosed conditions impair a person's ability to reason and relate effectively with others. If your loved one has a lifelong history of being overly dramatic, difficulty respecting boundaries, focusing exclusively on self, or a need for excessive attention, he or she may have a personality disorder or personality disorder traits. Join us for this interactive program that will help you better understand your loved one and how to avoid burnout caring for a person with narcissistic, borderline or histrionic personality disorders.

### **Boundaries In Caregiving: Preventing & Avoiding The Martyr Syndrome**

Caregivers are amazing individuals. They selflessly devote their time, energy and financial resources to making life better for a loved one struggling with a challenging health diagnosis. Despite their good intentions, many caregivers unintentionally take on too much, putting their own health and well-being at risk. When caregivers develop "the martyr syndrome" and are reluctant to look for or accept help, the consequences can be devastating. Join us for this interactive discussion on how to set limits in caregiving while still providing excellent care for your loved one.

### **Setting Boundaries With Older Loved Ones Who Have Personality Disorders**

Your loved one has been diagnosed with a personality disorder or you suspect that he or she has one. Caregiving is hard for everyone, but it's particularly difficult when your loved one has trouble respecting boundaries. This program will help you better understand your loved one, determine what new boundaries in caregiving need to be set, and strengthen your resolve to uphold your boundaries.

## **Surviving Difficult Personalities in Family Caregiving**

Approximately 9% of all people have a personality disorder (DSM-5). These often undiagnosed conditions impair a person's ability to reason and relate effectively with others. If your loved one has a lifelong history of being overly dramatic, difficulty respecting boundaries, focusing exclusively on self, or a need for excessive attention, he or she may have a personality disorder or personality disorder traits. Join us for this interactive program that will help you better understand your loved one and how to avoid burnout caring for a person with narcissistic, borderline, dependent or histrionic personality disorders.

## *Programs About The Different Stages of Dementia*

### **Touring The Stages Of Alzheimer's Disease: What To Expect During The Caregiving Voyage**

Most caregivers are utterly unprepared for the mid and late stages of dementia. This program utilizes the metaphor of travel for navigating the early, middle and late stages of Alzheimer's disease. Caregivers will leave this program better equipped to handle and manage all the stages their loved one will endure.

### **Alzheimer's Disease: Stages & Strategies For Care**

Most people understand that Alzheimer's disease involves short term memory loss. But as the disease progresses the patient struggles with a variety of symptoms, including personality changes, poor judgment, difficulty communicating and odd, unexpected behaviors. This program will help caregivers understand and better respond to the early, middle and late stages of Alzheimer's disease.

### **Navigating The Mid To Late Stages of Dementia (Without Falling Overboard)**

This program will cover the three stages of Alzheimer's Disease, focusing primarily on middle and late stages. What are the symptoms of these stages and how should we treat them? How should we communicate with patients transitioning through these stages? You will leave this program with a better understanding of how to handle the mid to late years of dementia without burning out.

## *Programs About Seasonal Topics*

### **To Travel Or Not: 10 Tips For Vacations & Family Trips When You Are Caregiving**

Traveling with someone you love who needs care is not impossible but it takes a lot of pre-planning. Join us for this interactive program where you will learn how to



determine if your loved one is up to taking a trip, how to best prepare for a trip and how to balance safety and fun on a vacation.

### **Five Simple Steps For A Less Stressful Holiday Season While Caregiving**

The holiday season is supposed to be fun but it can become very stressful, especially when you are caring for an older loved one. Join us for this interactive program which will cover:

- Tips for having an enjoyable holiday while meeting your older loved one's needs
- Signs that your older loved one might need more assistance: what to look out for during holiday functions
- Why making decisions about care needs before the New Year is optimal
- If you should celebrate the holiday without your older loved one
- How to deal with negative feelings during what's supposed to be a joyful holiday season

### **Establishing New Traditions: Reframing Expectations For Holidays, Birthdays & Other Celebrations**

It's a dilemma most caregivers face at one point or another. The holiday season is coming up—should we bring Mom to the big family dinner? Or her 90th birthday is on the horizon—should we throw her a party? These are emotional decisions that need to be balanced with reason and logic. Join us for this interactive program so you will have an easier time deciding how to celebrate with those you care for.

## ***Programs About New Ways Of Approaching Caregiving***

### **Promises In Caregiving: Why You Shouldn't Make Them & How To Undo Them**

Every day, families promise their older loved ones that they would never place them in a "home." Or they promise to never allow "strangers" to help out with care. Such promises often lead to excessive stress and guilt when caregivers realize that they can no longer keep them without sacrificing their physical and mental health. This interactive program will focus on how to face "The Promise" head on with positive, creative strategies.

### **They Are Who They Are: Getting The Best Out of Other Caregivers Who Are Helping You**

Primary caregivers are going to do a better job taking care of their loved ones (and themselves) if they have help from secondary and tertiary caregivers. Join us for this interactive program where Jennifer will guide you through the MET exercise from *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*.

You will leave with a plan on how to better utilize family and friends who want to help.

### **The Doctor Doesn't Know Everything: Who Else You Need To Help You While Caregiving**

Doctors are smart and educated but if they are your only resource on the caregiving journey, you are missing out. Join us for this eye-opening program on where to find all kinds of other resources to help you and your loved one. Both you—and your doctor!—will be glad you came.

## *Programs About Better Dementia Communication*

### **Learning Your Loved One's New Language: Mastering Dementia Fluency**

Persons with dementia lose the ability to communicate like the rest of us. If you want to better understand your loved one, you must learn to become dementia fluent. This program will increase your understanding of what your loved one is trying to tell you. It will also help you adjust your communication strategies so your loved one better understands you.

### **Utilizing Validation, Therapeutic Fibbing & Other Strategies In Dementia Care**

Validation, therapeutic fibbing, reality orientation and redirection and are some of the most common ways to communicate and interact with those who have Alzheimer's Disease and other forms of irreversible dementia. This thought-provoking seminar will examine when these different strategies should be used and how to best determine what communication method will work for you and your loved one.

### **Stop Asking How Their Day Was: Connecting More Meaningfully With People Who Have Dementia**

When someone has dementia, asking questions like, "how was your day, Mom?" is often counterproductive. Join us for this interactive program on what to say to someone you love who has dementia and how to establish and maintain more meaningful connections. This program is particularly helpful for those who are visiting their loved ones in senior living communities or at another person's home.

## *Programs About The Complexities Of Dementia*

### **Cognitive Impairment and Falls: Understanding how Dementia Contributes to Falls**

New research provides avenues to understand how physical movement is affected by cognitive impairment. Even subtle cognitive changes such as Mild Cognitive Impairment (MCI) significantly impact balance and movement. Certain dementias are associated with motor impairment, which increases fall risk. There are specific

behavioral issues, personality factors and care issues that need to be recognized as fall risks. Comprehensive fall risk assessment and strategies for management are incorporated into this presentation.

### **Guns & Driving: Considerations for Safety in Dementia Care**

As the older adult population grows, so does the number of those living in the community with dementia. Access to vehicles and firearms combined with poor insight and safety awareness are major areas of concern. Join us for an interactive program to discuss how to manage these safety issues as your loved one progresses through the stages of Alzheimer's disease or another type of dementia.

## *Programs That Help You Look At Dementia Differently*

### **Tough Love While Caring For a Loved One With Dementia: Pushing through the Stress and Guilt**

Most caregivers struggle with guilt and stress and think they aren't doing enough. Join us for this program where both the audience and presenter will examine if you "deserve" to feel guilty. Be prepared for some "tough love" as we look at how to feel better about caring for your loved one who has dementia

### **Embracing Kids In Caregiving: Why You Should Include All Generations In Dementia Caregiving**

Babies and little kids don't judge. They don't measure whether your loved one is "remembering better" than last week or not. They don't care if your loved one can no longer speak. Children are invaluable to helping persons with dementia enjoy quality of life. Join us for this interactive session on how to integrate kids and every generation into dementia caregiving.

### **When Your Spouse Has Dementia: Maintaining Intimacy In Your Relationship**

Often when spouses serve as caregivers for their husbands or wives, their relationship dramatically changes. Meaningful conversations, romance, and even sexual intimacy are replaced with medical discussions, providing personal care and treating the spouse more as a child than a partner. This seminar will offer tips on how to restore intimacy and satisfaction to your marriage while providing quality care to your spouse who has cognitive, mental health or physical challenges.

## *Programs About Family Dynamics & Dementia Caregiving*

### **Setting Limits in Dementia Caregiving: Avoiding and Preventing Martyr Syndrome**

Do you decline when others ask how they can help out with your loved one who has dementia? Do you feel like you are the only one who can take care of your loved one the “right way?” This program will help you determine if you are martyring yourself in the name of caregiving and how to stop if you are.

### **When Nobody Else Gets It: Dealing With People Who Don’t Understand The Dementia Diagnosis**

“Mom seems fine to me,” says your sister who lives in another part of the country. “She’s not fine! She can’t even remember our names half the time,” you reply. You are not alone. This exasperating conversation occurs in families just like yours on a daily basis. Join us for this interactive program on how to handle people in your life who just don’t understand your loved one’s diagnosis.

### **Guilt, Anger and Stress: Working Through Difficult Feelings As A Dementia Caregiver**

Caregiving – particularly when your loved one has dementia – takes over our entire lives. Sometimes caregiving can become our life.

- Do you ever feel sad that your duties as a caregiver prevent you from attending the big events

in your children or grandchildren’s lives?

- Are you ever angry that you don’t have time to see a movie or visit with friends?
- Have you ever worried that your boss doesn’t really understand that you are late because

your loved one had a doctor’s appointment?

- Do you ever feel guilty that you aren’t doing enough for your loved one?
- Do you ever feel overwhelmed, and that you aren’t doing anything well?

Stressful feelings are a normal part of caregiving. What’s important is recognizing and handling them appropriately. Learn why these difficult feelings impact almost every dementia caregiver and what you can do to minimize their negative effect on your life.

### **Coping With Family Estrangements In Dementia Caregiving**

Sadly, family estrangements happen frequently. Sometimes the rift occurs because of distance or misunderstandings. In other cases there are more serious abandonment or betrayal issues involved. When family members begin caring for loved one with dementia, old hurts can bubble to the surface while new ones develop. Step-family drama, adult sibling rivalry, martyr syndrome, toxic parent/child relationships from prior generations and dysfunctional family patterns will be explored. This down-to-earth discussion will focus on helping family caregivers in identifying the best options for dealing with family estrangements while ensuring quality care for their older loved ones who have dementia.

## ***Programs About Different Types of Dementia***

### **Understanding Different Dementias: Types, Causes & Treatments**

Alzheimer's Disease is the most well-known type of dementia but there are many others that impact older and younger adults. Join us for this informative program to further your understanding of the types, treatments and causes of dementia. You will leave this program better understanding what resources are there to help you handle your loved ones' specific diagnosis.

### **But I'm In My Fifties: The Myths & Realities Of Young Onset Dementia**

While most cases of Alzheimer's disease and dementia occur well after age 65, young onset dementia is a growing concern in the United States. Approximately 200,000 Americans are living with young-onset Alzheimer's disease, mostly symptomatic in their fifties. This program offers perspectives on the genetic component of these conditions, getting a diagnosis and how to tackle the unique issues like finances, child care and career that impact these patients in later middle age.

### **Navigating The Complex World Of Lewy Body Dementia**

Lewy Body Dementia impacts 1.4 million Americans yet it is still widely misunderstood. Join us for this eye-opening interactive conversation on how Lewy Body dementia is different from Alzheimer's disease and other irreversible causes of dementia. Diagnosing, treatments, risk factors and best practices for treating patients will be explored.