

GRIEF SERIES TURNS FOCUS TO FAMILY CAREGIVERS

CHI Health at Home is offering *Understanding the Family Caregiver: The Strain*, the first program in a two-part webinar from the Hospice Foundation of America (HFA) from 4 to 6 p.m. on Tuesday, April 21 at St. Gabriel's Hospital and from 11 a.m. to 1 p.m. on Thursday, April 23 at the Initiative Foundation in Little Falls.

The first part of the family caregiver series features experts Kenneth J. Doka, PhD, MDiv, Professor of Gerontology, College of New Rochelle/Senior adviser to HFA; and Carol Levine, MA, Director, Families and Health Care Project, United Hospital Fund. They will discuss some of the common challenges that family caregivers face.

“The strain of constant physical, emotional and financial challenges shared by many caregivers can lead to job loss and social isolation, making for a lonely existence,” says Laura Scherer, home health and hospice director for CHI Health at Home in Little Falls. “Care-giving impacts families emotionally, spiritually, and even physically. This program will focus on helping professionals understand the challenges faced by family caregivers, from the illness diagnosis of a loved one through the progression of the disease.”

Part two of this most recent HFA program will be held May 19 and May 29. It will focus on innovative suggestions and coping strategies for family care-givers.

Continuing Education (CE) credits are included in the registration fee and are available for a wide range of disciplines. This webinar program is 90-minutes in length and available for 1.5 CE credits for professionals. Online evaluation and test is required after viewing program to obtain CE credit, for more information www.hospicefoundation.com.

Participants can pre-register by calling Brenda Baum at CHI Health at Home (previously Unity Family Home Care and Hospice) at 320-631-5575 or by sending an email to Brendabaum@catholichealth.net. A \$5 box lunch (ham, turkey or veggie sandwich) is available for those who pre-register for the webinar at the Initiative Foundation on April 23.

“I'd like to extend a special ‘thank you’ to Stearns Electric for generously donating the funds to make these Webinars possible without a registration fee,” says Scherer. “We'd like to encourage participants to provide a \$10 goodwill donation to offset some of the expenses related to providing these programs, but such gifts are not a prerequisite to attending.”

To learn more, please call CHI Health at Home.