



CAREGIVER TELECONNECTION



www.caregiverteleconnection.org

Free
Telephone
Learning
Sessions



Date	Time	Topic	A LEADING VOICE FOR CAREGIVERS
Wednesday, June 6th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona)	Caregiving for the Visually Impaired with Nancy Gawlik During our "Caregiving for the Visually Impaired" presentation we will cover blindness sensitivity and some basic caregiving information. This will include common types of vision loss, meeting a blind person, orientation and mobility, and sighted guide techniques. We will also address how to recognize vision loss and questions to ask the doctor.	
Monday, June 11th	1:00 pm Eastern 12:00 pm Central 11:00 am Mountain 10:00 am Pacific (Arizona)	Why it Matters While Caring for Others with Sharon Gayle, MA, LPC, LCDC It is a fact of life that everyone makes mistakes from time to time. When the mistake hurts someone we love, we can experience depression, anxiety, shame, and guilt over the pain we caused. The antidote to that shame and guilt is found in self-compassion. Sharon Gayle will discuss the features of self-compassion, how it serves to give hope and healing to the person who uses it in daily practice. ***Sponsored by the North Central Texas Caregiver Teleconnection***	
Thursday, June 14th	11:00 am Eastern 10:00 am Central 9:00 am Mountain 8:00 am Pacific (Arizona)	Lucy Barylak, MSW as "Dear Lucy" Caregivers will have the opportunity to call in and ask questions, make comments and express yourself regarding the issues you face as a caregiver. You can submit your questions or comments by e-mail or phone.	
Tuesday, June 19th	12:00 pm Eastern 11:00 am Central 10:00 am Mountain 9:00 am Pacific (Arizona)	Untangling Dementia with Tam Cummings, PhD Tam's signature talk, which is based on the name of her popular book "Untangling Dementia: A Guide to Understanding Alzheimer's and Other Dementias", provides family and professional caregivers an in-depth understanding of the disease from diagnosis to death. During her presentation, Tam explains the progression and staging of dementia, the physical causes of disease-driven behaviors, changes in perception and communication abilities, the impact of the disease on caregivers, and much more.	
Wednesday, June 27th	2:00 pm Eastern 1:00 pm Central 12:00 pm Mountain 11:00 am Pacific (Arizona)	Caregiving and Family Dynamics with Dr. Yvonne Lozano Family members are deeply and emotionally connected despite feeling distant or disconnected. In this session- understanding family dynamics and caregiving begins with the family systems theory. Dr. Lozano will present types of underlying family dynamics and the impact of these dynamics on caregiving. Lastly, this session will review five methods to assess your relationship with siblings and how caregivers are identified early in the development of the family.	



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