



Date Time Topic A LEADING VOICE FOR CAREGIVERS

Monday, October 8th Eastern 1:00 pm
Central 12:00 pm
Mountain 11:00 am
Pacific (Arizona) 10:00 am

Medications and Older Adults with Daniel Min, PharmD
*Learn more about 1) the differences in how medications affect older adults differently than when they were younger, 2) the Beers list, 3) common drug interactions, 4) importance of using one pharmacy and ensuring all physicians have a complete list of medications. ****Sponsored by the North Central Texas Caregiver Teleconnection*****

Tuesday, October 9th Eastern 11:00 am
Central 10:00 am
Mountain 9:00 am
Pacific (Arizona) 8:00 am

¿Será posible que la depresión en la madurez de la vida esté relacionada con el deterioro cognitivo o incluso la demencia? con el Dr. Néstor H. Praderio
El Dr. Néstor Praderio hablará sobre los riesgos, el diagnóstico y las opciones de tratamiento. Infórmese sobre los síntomas comunes y entienda los factores desencadenantes de esta enfermedad común que afecta a un número cada vez mayor de adultos de 65 años y mayores.

Thursday, October 11th Eastern 11:00 am
Central 10:00 am
Mountain 9:00 am
Pacific (Arizona) 8:00 am

Lucy Barylak, MSW as “Dear Lucy”
*Lucy Barylak, MSW as “Dear Lucy”. This is an interactive session where Dear Lucy will answer questions and have a conversation with caregivers regarding the issues they face in their caregiving journey. **You may ask your question during the call or you can submit your questions or comments by email or phone.***

Wednesday, October 17th Eastern 12:00 pm
Central 11:00 am
Mountain 10:00 am
Pacific (Arizona) 9:00 am

Addressing common issues family caregivers face with Spencer Brown, MSG, LNFA, CMC, Care Manager
There are many issues that a caregiver will face when providing care for someone. How do you decide what level of care is needed? When is it time to look into long term care? How do you help but still maintain your loved one's independence? Find out the answer to these questions and many more as Spencer Brown with Accountable Aging Care Management joins us to discuss common topics related to caregiving.

Tuesday, October 23rd Eastern 12:00 pm
Central 11:00 am
Mountain 10:00 am
Pacific (Arizona) 9:00 am

“The Car Key Conversation” with Dr. Jamie Huysman, PsyD, LCSW, CAP, CFT
Caregivers face the heart rendering decision of taking the car keys away from elderly parents whose driving behavior has become a danger to themselves and others. This isn't an easy decision to make because it represents the older driver's sense of independence and dignity. Join Dr. Jamie in a discussion about taking away the car keys.

Tuesday, October 30th Eastern 1:00 pm
Central 12:00 pm
Mountain 11:00 am
Pacific (Arizona) 10:00 am

The difference between men and women in caregiving with Barry Jacobs
Research suggests that women and men approach caregiving with different expectations and often take different approaches to tasks and the prospect of receiving help from others. Barry J. Jacobs, Psy.D, a psychologist and co-author of AARP Meditations for Caregivers, will explore these differences and suggest ways that women and men can work better together during caregiving.