

COYL FAMILY CAREGIVER SERIES



SESSION ONE - COYL AND PLANNING FOR A MEDICAL EMERGENCY

April 8th 3:00-4:00 pm

Rachael Rubinfeld, APN, CentraState

This first session will give you an overview of advance care planning and its overall importance to your health as well as being prepared for the unexpected. We'll cover different types of advance care plans and the POLST form. Finally, you'll receive guidance on how to have conversations about your goals for care with people who are important to you, as well as with your health care providers.

[Register for Session 1 Now](#)

SESSION TWO - YOUR CAREGIVER RELATIONSHIP CONTRACT

April 14th 12:00-1:00 pm

Debra Hallisey, Founder Advocate for Mom & Dad

This session will help you address your aging parents' needs and expectations for advance care planning; guide you in setting caregiver boundaries; highlight how to structure difficult conversations with those who are important to you; and walk you through how to develop a support network for caregiver self-care.

[Register for Session 2 Now](#)

SESSION THREE - LIVING WITH ALZHEIMER'S FOR CAREGIVERS

April 21st 12:00-1:00 pm

Robyn Kohn, MA, CDP Director of Programs and Services, Alzheimer's Association

This session will provide answers to the questions that arise in the early, middle and late stages of dementia. We will discuss developing a care team, considerations for advance care planning, legal and financial planning, coping strategies, care and treatment options, communicating and maximizing independence.

[Register for Session 3 Now](#)



**These events are Open to the Public.*



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Our mailing address is:

New Jersey Health Care Quality Institute
P.O. Box 2246, Princeton, New Jersey 08543