



# Free Telephone Learning Sessions

Date	Time	Topic
Wednesday, July 6th	4:00 pm <b>Eastern</b> 3:00 pm <b>Central</b> 2:00 pm <b>Mountain</b> 1:00 pm <b>Pacific</b>	<b>Caregivers as Key Partners of the Healthcare Team with Evalyn Greb, LCSW</b> <i>Family caregivers have become an integral part of the health care system, working in partnership with patients and health care professionals. Patients may rely on their family caregivers for support in negotiating physician interactions. Learn how you can work proactively with your loved one's healthcare team for the best outcomes for your loved one and yourself.</i>
Monday, July 11th	1:00 pm <b>Eastern</b> 12:00 pm <b>Central</b> 11:00 am <b>Mountain</b> 10:00 am <b>Pacific</b>	<b>A Social Workers "Real World" Perspective: Tools and Techniques for Family Caregivers with Peggy Williams BSW, MSW Case Manager and Rao Musunuru, MD</b> <i>Learn about tools for caregiver self-care, helpful techniques to reduce wandering, redirecting loved ones behavior, ideas for remaining calm when stressed, and other techniques learned the speakers experience with family caregivers and health care workers.</i> <b>Sponsored by the North Central Texas Caregiver Teleconnection</b>
Wednesday, July 20th	12:00 pm <b>Eastern</b> 11:00 am <b>Central</b> 10:00 am <b>Mountain</b> 9:00 am <b>Pacific</b>	<b>Caring for the Elderly: Dealing with Resistance with Evalyn Greb, LCSW</b> <i>Caring for the elderly can be challenging – particularly if a loved one is resistant to care. Understand what's causing your loved one's resistance and how you can encourage cooperation.</i>
Thursday, July 21st	3:00 pm <b>Eastern</b> 2:00 pm <b>Central</b> 1:00 pm <b>Mountain</b> 12:00 pm <b>Pacific</b>	<b>Safe Meds for Seniors and Their Caregivers with Lucy Barylak, LMSW</b> <i>Many caregivers have questions and concerns about the management of medicines for their loved one. Join in this 4 session series featuring Lucy Barylak, LMSW, a primary developer of this educational material, and a member of the steering committee of the Canadian Caregiver Coalition. All caregivers participating in this 4 session series will receive a booklet and the opportunity to participate in an evaluation of the program sponsored by the University of Texas Health Science Center.</i> <b>**Space for 20 participants**</b>

**Call. Learn. Share**  
**Confidential. Free.**



You can Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or call 866.390.6491 Toll Free between the hours of 8 to 5 M – F (central standard time) to register via phone

\*\*\*You must pre-register at least 24 hours prior to the classes\*\*\*