

# Caregiver Webinar Calendar

**Free online lunch & learn workshops 11:30 to Noon**

**Spring 2018 Series**

## September 7th, 11:30-Noon: The Top Five Strategies to Take Control of Your Health



**Susan Valoff**

*Family caregivers are often advised to take care of themselves. But, where should you begin? Join Susan Valoff, Licensed Clinical Social Worker, certified Aging Life Care Manager, and Vice President of Windward Life Care for a discussion of the top five strategies for taking control of your health and laying the groundwork for a healthy aging process.*

In this webinar you will learn how to communicate effectively with your physician and plan your future care. This includes completing advance directives, deciphering health care benefits and entitlements, understanding and navigating the long term care system and maintaining brain health.

## September 21st, 11:30-Noon: Technology and the Aging Population



**Ferdie Villegas**

*Ferdie Villegas is the territory manager for Philips Lifeline which is a division of Philips Electronics that offers technological innovations in home health care solutions. Over the past 12 years Ferdie has worked with Phillips Lifeline providing peace of mind and reassurance to older adults helping them live independently in their own homes.*

Learn all about latest technology for aging in place. What is the Personal Emergency Response System (PERS), fall detection, GPS solutions, tracking solutions and wandering devices. What are the advantages and what are the disadvantages? What is the next innovation? These are all important aspects to consider for yourself as you plan for aging in place.

**Is this for me?** If you have aging parents, care for a frail or ill spouse, or provide help to a family member, then yes!

**Can I Ask Questions?** Participants have the opportunity to pose questions.

**Where?** Any computer with internet access. These live, interactive seminars are easy.

**I'm interested. What's next?** Visit [www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org) click on "For Caregivers" tab and go to "Webinars" to register. Once registered you will receive an e-mail with instructions.