

Caregiving Workshops

- **Understanding Alzheimer's and Dementia**
- **Public Benefits and Caregiver Services**
- **Prepare to Care (for new caregivers)**
- **Veterans Benefits & Programs**
- **Care & Living Options**
- **Essential Legal Documents**
- **Understanding Hospice**
- **Medicaid vs Medicare**

Caregiving Workshops

- **Memory & Aging**
- **Technology & Caregiving**
- **Realities of Parkinson's Disease**
- **Elder Abuse & Fraud Prevention**
- **Emotional Impact of Caregiving**
- **Compassion Fatigue & Caregiver Burnout**
- **Managing Transitions in Care**
- **Grieving**