

## Senior Care Solutions: Webinar Series 2021

### **February 2 (1-2pm EST): Body, Mind, Soul- Build a Caregiver Wellness Plan**

Register for this webinar [here](#):

Today, 1 in 6 employees is juggling work and personal responsibilities while also caring for an older loved one. Recent studies show this added caregiver responsibility, especially during life's challenges such as the coronavirus pandemic, have increased caregiver stress, anxiety, depression and issues that can lead to a downward health spiral. This webinar, led by corporate gerontologist and caregiving author, Sherri Snelling, will provide seven simple, quick ways that caregivers can achieve optimal wellness through her Me Time Monday Method™ – the biopsychosocial balance for a healthier and happier life.

### **May 4 (1-2pm EST): Caregiving Technology, Gadgets, Apps and More**

Register for this webinar [here](#):

There is a wealth of technology products and services available to help caregivers care for aging loved ones. GPS and artificial intelligence-based products, voice assist and medication safety gadgets, medical apps, robotic solutions, virtual reality, wearables, hearables and sensor clothing are all helping family members keep loved ones healthy, keep them safe and keep them connected to avoid isolation and loneliness. There are also tech solutions to help caregivers – whether it's shopping, creating more education and empathy about a loved one's condition or finding balance and calm. This webinar takes the audience on a Tech Tour of these products, apps and gadgets and more importantly, where to find them and how much they cost.

### **August 3 (1-2pm EST): Caught in the Middle: How to Cope as a Sandwich Generation Caregiver**

Register for this webinar [here](#):

Are you juggling the care of your parents and kids while trying to focus on your job too? If so, you are probably in the caregiving sandwich and you're not alone. Nearly half of adults ages 40-59 are caring for both an aging parent and child and most are also in the workforce. Is there a way for sandwich generation caregivers, whether you are a daughter, son, spouse or partner, to manage it all without feeling guilty and depleted? The answer is yes, but you'll need some support, both at home and at work. If you are caught in the middle, don't miss this lively and dynamic webinar in which you will learn important caregiving strategies and find ways to take care of yourself too.

### **November 2 (1-2pm EST): Caregiving and the Holidays: What to do when a Visit to Mom and Dad Raises Red Flags**

Register for this webinar [here](#):

The holidays can be a wonderful time to spend with family, whether in-person or virtually! But over the course of a visit you may worry that Mom has forgotten how to make her famous pumpkin pie and Dad can't seem to find the right words. During the holiday season, you might notice a shift in your parent's behavior or cognition, which can lead to increased anxiety and fear. This webinar will help you identify what changes might be warning signs of decline and what steps to take to address those concerns.

*\*Recordings of each webinar will be available following the live event for those who registered\**