

CAREGIVER SERIES



- JANUARY 2021 CAREGIVER 10-WEEK LINE UP -

DATE OF PRESENTATION	TOPIC	NAME OF PRESENTER	TIME
Jan.21st, 2021	Long Term Care Planning-Are You Planning on Moving to LTC and Don't Know what to Expect During this COVID-19 Pandemic? Join Us to get your Questions answered on What You Need to Know about COVID-19 and Admissions.	Lesia Guthrie, Care Coordinator, Central LHINS,& Lauren Lindsay, Social Worker, Central LHINS	11:30a.m - 12:30p.m
Jan. 28th, 2021	Chronic Disease Management –Learn How to Manage Chronic Disease on a day to day basis through Ongoing Care and Support.	Michael Georgievski, Registered Respiratory Therapist, Vaughn Community Health Centre.	11:30a.m - 12:30p.m
Feb.4th, 2021	Advanced Care Planning. This workshop will review the potential role of a Substitute Decision Maker in making health care decisions for a Person Living with Dementia and steps to minimize confusion or anxiety when these types of decisions occur.	Cole Edick, Social Worker, Alzheimer's Society of Toronto.	11:30a.m - 12:30p.m
Feb.11th, 2021	Long distance Caregiving. Explore unique challenges that arise when caring from a distance • Identify practical steps to provide support at a distance • Increase understanding of how to access local community supportive services.	Kimberly Dilmohamed, Caregiver Education Coordinator, Alzheimer's Society of Toronto.	11:30a.m - 12:30p.m

DATE OF PRESENTATION	TOPIC	NAME OF PRESENTER	TIME
Feb.18th, 2021	Brain Health - This workshop will focus on Understand some of the research findings on reducing the risk of developing dementia. Recognize how lifestyle plays a role in a person's risk of developing dementia. Commit to take action to reduce the risk of developing dementia.	Nicole Gardner, Public Education Coordinator, Alzheimer Society of Toronto.	11:30a.m - 12:30p.m
Feb.25th, 2021	Canada Pension Plan & Disability Program	Alfia Chan, Citizens Service Specialist, Service Canada.	11:30a.m - 12:30p.m
March 4th, 2021	Mindfulness-How to Unlock the Secrets to Improve Your Physical Health and Wellbeing by Reducing Chronic Pain and Caregiver Stress."	Narges Khazraei, Counsellor, Wellness and Support/ Mental Health, Women Connecting with Women (Support and Counselling).	11:30a.m - 12:30p.m
March 11th, 2021	Estate Planning & Process of Having a Will & Probate	Debbie Jorgensen, Lawyer, Birenbaum Steinberg Landau Savin & Colrairie LLP	11:30a.m - 12:30p.m
March 18th, 2021	Upper Neck, Back and Shoulder Pain that Causes Caregiver Stress.	Dr. Karen Hudes, Chiropractor and Rehabilitation Specialist at Badass Chiropractic Wellness.	11:30a.m - 12:30p.m
March 25th, 2021	Elder Abuse & Dementia-Why are Dementia Clients Vulnerable to Abuse?	Karen Stewart, Lawyer, Advocacy Centre for the Elderly	11:30a.m - 12:30p.m

For more information:

Stacy Hilliman: shilliman@nyseniors.org

416 733.4111