



## Community Education Events available through the Capital Region Caregiver Coalition

The Capital Region Caregiver Coalition is excited to offer the community a variety of FREE educational presentations. The CRCC's Community Education Committee supports the mission of educating and supporting caregivers throughout the Capital Region; topics are presented by professionals from around the area. Education topics are listed below.

### **COMMUNITY OPTIONS**

- \***NY Connects: Information and Assistance**
- \***Geriatric Care Management**
- \***Senior Housing Options**
- \***Home Care Services: An Overview**
- \***Options for Veterans**
- \***What is Hospice?**
- \***Programs for the Blind and Visually Impaired**
- \***Medicare 101: The Medicare Basics**
- \***Elder Abuse: Where to Get Help**
- \***Adult Day Programs: An Overview**

### **THE "HOW TO'S" OF CAREGIVING**

- \***Aging Parents: When and How to Help**
- \***How to Manage Difficult Conversations**
- \***Conversations about Driving**
- \***Fall Prevention Tips and Advice**

### **DEMENTIA**

- \***Communication Strategies**
- \***Alzheimer's Disease and Caregiving**
- \***Understanding Dementia**

### **CARING FOR THE CAREGIVER**

- \***Help! I'm a Caregiver**
- \***Managing the Emotional Aspects of Being a Caregiver**
- \***Stress Management Techniques**

### **LEGAL SERVICES**

- \***Elder Law-An Overview**
- \***Estate and Long term Care Planning**
- \***Legal Strategies for Caregivers**
- \***Medicare/Medicaid overview**

For a description of the presentation topics go to the Community Education Committee page on our website: [www.capitalregioncaregiver.com](http://www.capitalregioncaregiver.com)  
To request a speaker email us : [info@capitalregioncaregiver.com](mailto:info@capitalregioncaregiver.com)