



Beginning January 2019

Monthly Caregiver Workshops

Each month, in New Castle and Sussex Counties, Easterseals will be hosting Caregiver Workshops – mark your calendars now! Easterseals' Monthly Caregiver Workshops are a great way to learn about topics that are important to caregivers and their families.

The workshops will be held at Easterseals:

61 Corporate Circle
New Castle, DE 19720
Large Conference Room (Entrance 2)
Every Third Wednesday
10:00 am-11:30 am

22317 DuPont Blvd
Georgetown, DE 19947
Large Conference Room (1st floor)
Every Third Thursday
10:00 am-11:30 am

Here's what's coming up:

January – “Make Planning for Yourself a Priority”

The New Year brings with it the fresh list of resolutions-make planning for YOU one of them! Joan Sharp, CFP, MSFS, a Registered Life Planner who presented at our Caregiver Conference in August, will join us to conduct an interactive workshop to help you plan so that you become a stronger, healthier caregiver to your loved ones this year.

February – “Hospice: It's More Than You Think”

Roxanne Couzens, MSW from Delaware Hospice, will lead a discussion about hospice services. Many people don't know what hospice is, when to get hospice involved, and who pays for hospice services. Roxanne's workshop will help you better understand hospice services in Delaware.

March – “Think First to Prevent Falls”

Kathy Boyer, MSN, RN from Christiana Hospital will present the first in a series of four workshops on fall prevention. Falls are a leading cause of injury, and if YOU, the caregiver fall and injure yourself, who will take care of your loved one? Kathy will get you thinking about how to prevent falls in and around your home for both your loved one and YOU.

**Please call 302-221-2087 or email resources@esdel.org
to register and learn more!**



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Services for Aging and Adults with Physical Disabilities