

# Elder Care Webinar Series

Caring for your Loved Ones and Yourself



These training sessions are open to all employees. Please click on each link individually to register for the topics that interest you.

## Caring from a Distance

If you have an elder who requires assistance but does not live near you, helping out may seem difficult. Distance, however, doesn't mean you can't provide comfort and care. By devising care strategies, developing emergency plans and building a support system of family, friends and local resources, your elder can have the care and attention they need. This webinar explains how.

- March 2, 1 p.m. Central
- [Register](#)

## Talking About the Tough Subjects with your Parent or Older Loved One

This webinar is designed to help adult children and their aging parents or loved ones deal with those sensitive topics that make conversations difficult. How do you talk with your parents about issues associated with aging such as money, moving, health, wills, driving and safety? The course details strategies to effectively address these and other concerns that impact elderly adults.

- March 16, 1 p.m. Central
- [Register](#)

## The Sandwich Generation: Balancing Your Personal Life with the Needs of Your Older Parents or Loved Ones

Most of us reach a point in life when parents or elderly relatives begin to require more attention and time, and sometimes our financial support, as well. Caring for an older person can be complicated. Fulfilling work, family and care-giving responsibilities can present some challenges. This workshop offers help to those seeking to balance their personal life while seeing to their elder's needs.

- March 9, 1 p.m. Central
- [Register](#)

## How your Emotions Impact Interactions with Older Loved Ones

Emotions such as anger, fear, sadness, resentment and hope naturally arise when we think about our loved ones aging or needing care. In communicating with older adults, we need to be aware of these emotions and what they represent to ensure that we have healthy, productive interactions. This workshop provides tools to understand such emotions, the impact they can have on interactions with older adults and how to communicate more effectively.

- March 23, 1 p.m. Central
- [Register](#)



24/7 Live Assistance:  
Call: 833.955.3403  
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)  
App: GuidanceNow<sup>SM</sup>  
Web ID: SouthDakota

