The Nebraska Caregiver Coalition is pleased to offer a series of four educational workshops designed to provide training, education, support, and resources for family caregivers.

**2021 Education Series for Family Caregivers**

**REGISTER TO ATTEND** and learn more about each session at:

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https://go.unl.edu/caregivers

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** Transitioning to Senior Care Living/Communities**

How do I know when or if it’s time to move to a senior community? Who can help us navigate the decision or journey? And what do I do with all of my STUFF?” Presenters will be sharing information that will help answer those questions and more. Plan on joining us for valuable information and resources.

**FEBRUARY 17, 2021**

**Self Care for the Caregiver**

Amanda graduated from the University of Nebraska Medical Center with a Masters of Physician Assistant Studies and began her career in 2009. Amanda is working with Health at Home Consultants as a Physician Assistant, diagnosing and treating patients with psychiatric needs. Amanda is certified to diagnose and treat a wide array of conditions across the entire lifespan.

**MAY 19, 2021**

**Pharmaceutical Focus of Caregiving**

This program will look at what pharmacists do other than fill prescriptions. We will focus on how pharmacists can advocate for patients and improving patient care. Opportunities to ask questions will be plentiful. Do you know which questions to ask your pharmacist? If you have concerns, please join us.

**AUGUST 18, 2021**

**Caregiving: My Heart Sees Your Heart; Discovering the Joys and Benefits of Respite**

This presentation will focus on respite care services that are currently available at the local, state, and national levels. The discussion will help caregivers understand what respite is and how beneficial it can be to those that need and deserve it most.

**NOVEMBER 17, 2021**

There is no cost to attend. Registration is required. Sessions will be held from 12:00pm – 1:00pm CT.