Session One - COYL AND PLANNING FOR A MEDICAL EMERGENCY
Rachael Rubinfeld, APN, CentraState
April 8th, 3:00-4:00 pm
This first session will give you an overview of advance care planning and its overall importance to your health as well as being prepared for the unexpected. We'll cover different types of advance care plans and the POLST form. Finally, you'll receive guidance on how to have conversations about your goals for care with people who are important to you, as well as with your health care providers.

Session Two - CAREGIVER RELATIONSHIP CONTRACT
Debra Hallisey, Founder Advocate for Mom & Dad
April 14th, 12:00-1:00 pm
This session will help you address your aging parents’ needs and expectations for advance care planning; guide you in setting caregiver boundaries; highlight how to structure difficult conversations with those who are important to you; and walk you through how to develop a support network for caregiver self-care.

Session Three - LIVING WITH ALZHEIMER’S FOR CAREGIVERS
Robyn Kohn, MA, CDP Director of Programs and Services, Alzheimer’s Association
April 21st, 12:00-1:00 pm
This session will provide answers to the questions that arise in early, middle and late stages of dementia. We will discuss developing a care team, considerations for advance care planning, legal and financial planning, coping strategies, care and treatment options, communicating and maximizing independence.

QUESTIONS? CONTACT: Dapa Wilcox, NJHCQI, at dwilcox@njhcqi.org or visit www.njhcqi.org/events