

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Caregiving During the Holidays: Reducing Stress and Increasing Joy

Everyone wishes for the holidays to be a time of reunion and joy. However, the holiday season can present new and unexpected challenges for caregivers. Adaptations may be needed, including travel, gift-giving, and cooking adjustments. We will discuss caregiving strategies for managing changes and experiencing joy during the holiday season.

This online program is free and open to Mass General patients, families, staff, and the general public.

To attend this program, click on this link:

<https://partners.zoom.us/j/82821713916>

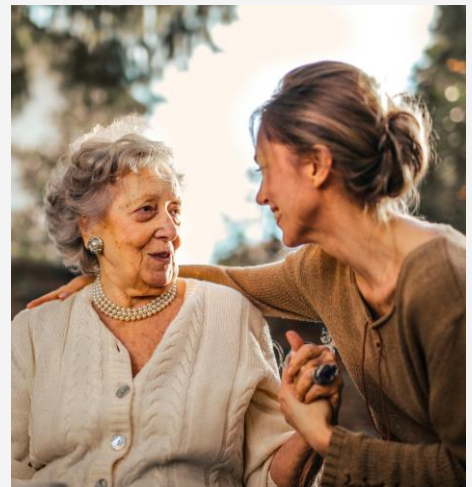
Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speaker may address them during the session.



Featured Speaker:

Barbara E. Moscovitz, MSW, LICSW

Barbara is the founder as well as dementia care and education specialist for the Dementia Caregiver Support Program. The program is part of the Dementia Care Collaborative within the Division of Palliative Care & Geriatric Medicine at Mass General. It was created to educate and support patients, caregivers, and healthcare providers. It offers opportunities for learning and connecting across the hospital and into the community at large. Barbara helps teach new ways of understanding dementia and how to best communicate and partner with those with dementia. She offers support and guidance for caregivers to feel empowered to foster their own wellbeing and resilience.



Date: Thursday, November 10, 2022

Time: 12:00 PM - 1:00 PM

(Eastern Time)

For more information,

call 617-724-7352 or

email PFLC@partners.org