



# Free Telephone Learning Sessions

Date	Central Time	Topic
Thursday, November 6th	2:00 pm	<b>Prevention of Elder Abuse with Rachel Duer, Community Engagement Program Specialist</b> <i>Rachel Duer, Community Engagement Program Specialist with the Texas Department of Family and Protective Services, will discuss the important topic of elder abuse and ways to prevent it. Elder abuse is an increasing problem in our society, and it is everyone's business to report situations of abuse to APS. Learn about the prevalence of this issue, and the ways to protect yourself and your family members.</i>
Friday, November 14th	2:00 pm	<b>"The Car Key Conversation" with Dr. Jamie Huysman, PsyD, LCSW, CAP, CFT</b> <i>Caregivers face the heart rendering decision of taking the care keys away from elderly parent whose driving behavior has become a danger to themselves and others. This isn't an easy decision to make because it represents the older driver's sense of independence and dignity. Join Dr. Jamie in a discussion about taking away the care keys.</i>
Monday, November 17th	12:00 pm & 7:00 pm	<b>Managing Holiday Stress with Zanda Hilger, LPC</b> <i>How do holiday activities and traditions need to change for you and the person you care for? Learn ways to manage the health and well being of your loved one while also taking care of yourself.</i> <b>Sponsored by the North Central Texas Caregiver Teleconnection</b>

*Family Caregivers - Now More Than Ever!  
November - National Family Caregiver Month*

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CHARITABLE FOUNDATION

You can Register online at [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org) or  
call **866.390.6491 Toll Free** between the hours of 8 to 5 M - F to register via phone

**\*\*\*Must pre-register at least 24 hours prior to the classes\*\*\***