



Fill in the GAPS

A dynamic workshop series designed to answer your questions and help you take control of your healthcare decisions.

Are you providing care for another adult? Are you in the “sandwich generation,” caring for aging parents and young children? Are the stresses of caregiving taking a toll on you physically, emotionally, spiritually, or financially? Have you or a loved one been recently diagnosed with a serious illness? Do you need to prepare to care for an aging or declining loved one?

If you answered “Yes” to any of these questions, our new **Fill in the GAPS** series of hands-on, interactive workshops is for you! **Designed to equip caregivers with the tools they need to plan for, understand, and manage the impact of serious illness**, the workshops offer practical skills, resources, and networking in a safe, supportive environment.

All programs will take place at First Universalist Church, 4101 E. Hampden Ave. (at Colorado Boulevard, near I-25) from 12:00PM to 1:30PM. *Bring your lunch and learn!* (Program details on reverse)

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| March 9 | You Don't Have to Suffer: Returning Humanity to Healthcare |
| April 13 | G oals of Care: Discovering How You Want to be Treated |
| May 11 | A dvance Care Planning: Asking for What You Want, Now and in the Future |
| September 14 | P sychosocial Issues: Caring for Mind, Spirit, Body, and Family |
| October 12 | S ymptom Management: Responding to Suffering in Serious Illness |
| November 9 | Holding On and Letting Go |

Attend any session at NO CHARGE.

To obtain documentation of attendance or continuing education credit: \$35/session

To earn the Life Quality Institute Palliative Caregiver Certificate: \$145/series

Register at least one week in advance: Email Contact@LifeQualityInstitute.org or call 303-398-6326. Visit our website to find other locations for this series and other educational offerings: www.lifequalityinstitute.org/presentations

Each interactive *Fill in the GAPS* workshop includes...

- Activities designed to provide an inside-out understanding of the topic covered
- Opportunities for you to get your questions answered by expert educators from Life Quality Institute
- Time for discussion and interaction with fellow attendees
- Resources and next steps pertinent to the workshop topic

"Caring for one another is probably the defining feature of families. How families provide care challenges creativity, commitment, and virtue."

Joanne Lynn, MD

Who should attend?

- Patients, family members & loved ones
- Nonmedical and medical caregivers
- Hospice & hospital volunteers
- Healthcare providers
- Senior living residents & staff
- Nursing facility staff
- Elder law attorneys & financial planners
- Geriatric care managers & senior advisors

Workshop Details

Workshop #1: You Don't Have to Suffer: Returning Humanity to Healthcare

Defining what "palliative care" means and showing how this approach can provide the best healthcare

- *You will learn* how patient- and family-centered care improves communication, alleviates pain and suffering, lowers costs and increases overall satisfaction with treatment.

Workshop #2: Goals of Care: Discovering How You Want to be Treated

Identifying how you want your healthcare providers to treat you, medically and personally, in health, during illness, and when your journey ends

- *You will learn* how to distinguish "goals of care" from "aims of treatment"; how to identify, ask for, and receive the care you want.

Workshop #3: Advance Care Planning: Asking for What You Want Now & in the Future

Expressing and documenting your healthcare choices to ensure they are honored

- *You will learn* the difference between advance directives, advance care planning and the Medical Orders for Scope of Treatment (MOST)—and how to get started with your own personalized plan.

Workshop #4: Psychosocial Issues: Caring for Mind, Spirit, Body, and Family

Communicating how I am, how you are, and how we can care for each other and our whole selves

- *You will learn* why patients and their loved ones suffer more than just physically and how to deal with complex issues affecting individuals and families coping with illness.

Workshop #5: Symptom Management: Responding to Suffering in Serious Illness

Anticipating and dealing with the stages of illness and the dying process

- *You will learn* practical tools for identifying and soothing discomfort and where to go to get help.

Workshop #6: Taking Care of Yourself Throughout the Journey

Practicing self-care throughout the journey

- *You will learn* how to care for yourself, how to deal with the many losses that come along with aging and illness and how to support patients and loved ones at the end of life.

Life Quality Institute

501 S. Cherry Street, Suite 700

Denver, CO 80246

(303) 398-6326

www.LifeQualityInstitute.org

Contact@LifeQualityInstitute.org

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