

CARE ACCESS LEVEL TRAINING

2026 Benchmarks of Care Training Schedule

Program introduction by Marvell Adams, Jr.,
CEO of Caregiver Action Network

Benchmarks of Care | The Importance of Community: Connecting with Caregivers to Share and Learn

Caregiving can feel isolating, especially while balancing work and personal responsibilities. **This session highlights the power of community and peer connection, helping caregivers identify supportive spaces where they can share experiences, learn from others, and feel less alone.** Participants will be introduced to peer support models, mentorship opportunities, and CAN resources designed to foster connection and belonging.

FEBRUARY

Feb. 26 | 2 p.m. ET

Benchmarks of Care | Sustainable Caregiving: Redesigning Your Role in Changing Times

Balancing caregiving and work looks different for everyone, yet many caregivers struggle silently. **This session explores real-world challenges caregivers face while navigating office, hybrid, and remote work environments.** Participants will learn practical strategies to reassess responsibilities, communicate needs, and create more feasible caregiving routines while remaining productive at work.

Zoom Link: [Click Here](#)

MARCH

March 26 | 2 p.m. ET

Benchmarks of Care: Self-Care for Long-Distance Caregivers

Long-distance caregivers face unique emotional and logistical challenges. **This session provides practical guidance on coordinating care remotely, leveraging technology, setting healthy boundaries, and prioritizing self-care.** Attendees will leave with actionable tools to reduce stress and strengthen their support networks, even from afar.

Zoom Link: [Click Here](#)

APRIL

April 23 | 2 p.m. ET

Benchmarks of Care: From Paycheck to Care Costs: Stretching Your Resources

Caregiving often brings unexpected financial strain. **This session equips caregivers with practical money-management strategies, an overview of workplace benefits, and CAN tools that help stretch resources further.** Participants will gain clarity on budgeting, benefits navigation, and financial decision-making related to caregiving.

Zoom Link: [Click Here](#)

MAY

May 28 | 2 p.m. ET

Benchmarks of Care: When Caring Hurts - Managing the Emotional Rollercoaster of Caregiving

Caregiving brings a wide range of emotions—many of which are difficult to name or share. **This session addresses common emotional challenges such as anxiety, frustration, guilt, and grief.** Participants will gain coping and emotional regulation tools and learn when to seek extra support, reinforcing that caregivers aren't alone.

Zoom Link: [Click Here](#)

JUNE

June 25 | 2 p.m. ET

Benchmarks of Care: Unique Challenges Caring for Your Loved One with Cognitive Issues

No two caregiving journeys are the same, particularly when cognitive changes are involved. **This session explores common challenges caregivers face when supporting someone with Alzheimer's or other cognitive impairments and provides strategies to improve communication, safety, and meaningful engagement.**

Zoom Link: [Click Here](#)

JULY

July 30 | 2 p.m. ET

Benchmarks of Care: Leadership that Cares: Helping Caregiving Staff Navigate Work Challenges

Supervisors play a critical role in supporting caregiving employees. **This session helps managers understand caregiving challenges and offers practical tools to foster flexibility, empathy, and retention while maintaining team performance.**

Zoom Link: [Click Here](#)

AUGUST

Aug. 27 | 2 p.m. ET

Benchmarks of Care: Managing Mobility: Tips to Safely Transfer/Support a Loved One

Providing physical support can be physically and emotionally demanding. **This session covers safe transfer techniques, mobility assistance, and injury prevention strategies to help caregivers protect both themselves and their loved ones.**

Zoom Link: [Coming Soon](#)

SEPTEMBER

Sept. 24 | 2 p.m. ET

Benchmarks of Care: In Case of Emergency: Preparedness for Family Caregivers

Emergencies disproportionately impact caregiving households. **This session helps caregivers prepare emergency plans that account for medical, mobility, and cognitive needs, ensuring continuity of care during crises.**

Zoom Link: [Coming Soon](#)

OCTOBER

Oct. 29 | 2 p.m. ET

Benchmarks of Care: Advanced Care Planning: Decisions Today for Tomorrow's Peace of Mind

Advance care planning is a vital yet often delayed aspect of caregiving. **This session walks caregivers through healthcare directives, legal considerations, and financial planning to ensure their loved one's wishes are respected.**

Zoom Link: [Coming Soon](#)

NOVEMBER

Nov. 26 | 2 p.m. ET

Benchmarks of Care: National Family Caregivers Month Panel Discussion

This signature session brings together caregivers, organizational leaders, and CAN representatives to spotlight caregiving experiences, celebrate caregivers, and highlight how organizations can support them.

Zoom Link: [Coming Soon](#)

DECEMBER

Dec. 17 | 2 p.m. ET

Benchmarks of Care: Reuniting with Purpose - Family Caregiving During Holiday Gatherings

Holiday visits often bring opportunities and challenges for caregivers. **This session provides guidance on strengthening connections, holding productive family meetings, and supporting care needs during busy holiday periods.**

Zoom Link: [Coming Soon](#)