



FAMILY CAREGIVER WEBINAR & TRAINING MODULES

As the nation's leading family caregiver organization serving over 90 million Americans who care for loved ones, Caregiver Action Network is committed to transforming lives through specialized education and support.

We proudly collaborate with employers and organizations to deliver impactful tools, resources, and training that address the unique challenges facing caregiving employees and members.

Our webinar series combines evidence-based strategies with practical solutions, each carefully customized to reflect your organization's specific culture, demographics, and industry needs—ensuring maximum relevance and engagement for your caregiving community.



FAMILY CAREGIVER WEBINAR & TRAINING MODULES

STANDARD WEBINAR MENU

THE CAREGIVER'S BALANCING ACT: MASTERING YOUR MULTIPLE ROLES

Sometimes a family caregiver is part nurse, part social worker. Sometimes, part manager and part cheerleader. Part of what makes caregiving so complex and challenging are all of the various roles that you play – the many hats that you wear. We will cover how to be a Family Healthcare Coordinator, and what it means when you are a Personal Care provider. We will talk about being a Patient Manager, and the Care Supervisor. Join us as we help you sort through your hats, so you can know which one to wear when, and which hats you will need moving forward.

REUNITING WITH PURPOSE: FAMILY CAREGIVING DURING HOLIDAY GATHERINGS

The holiday season is often a time where families near and far come together to celebrate. Perhaps you're a family caregiver that lives some distance from your loved one and you're planning a visit to see them. Or maybe other family members will be planning to visit you for the holidays. This webinar will provide tips and guidance on how to "check-in" on your loved one you may not see regularly by going over some things you can be on the lookout for around the house while visiting. We will also talk about how to hold a family meeting to make sure everyone is up to date and on the same page regarding your loved one's care.

SUSTAINABLE CAREGIVING: REDESIGNING YOUR ROLE IN CHANGING TIMES

In today's evolving landscape, work, life, and caregiving continue to transform. Whether you're balancing in-office responsibilities, managing remote work, or adapting to a hybrid schedule, the demands on caregivers remain significant. At this crucial juncture, reassessing your caregiving role and developing fresh approaches to your responsibilities is essential for creating sustainable practices that work for you long-term.

BUILDING YOUR HOME CARE TEAM: FINDING AND FOSTERING PROFESSIONAL SUPPORT

So many caregivers find themselves at a point where they recognize in-home help is needed but are unsure of what that looks like. In this webinar, we will discuss the various kinds of in-home help supports and tips for building a relationship with the home health care workers assisting your loved one.

MENTAL HEALTH CAREGIVING: HIPAA, COMMUNICATION, AND SELF-CARE

May is Mental Health Awareness Month. Caring for a loved one living with significant mental health challenges can present unique difficulties, such as knowing what health information you can access and share with your loved one's doctors through HIPAA, and how to navigate those conversations. We will also discuss caregiving's impact on your mental health and how to identify when you should reach out to your healthcare team.

WEBINAR & TRAINING MODULES

FROM HOME TO HYBRID AND BACK AGAIN: CAREGIVING TO WORKPLACE TRANSITIONS

Almost all of us have spent recent years adjusting to working from home and balancing video calls and virtual meetings with caregiving, as the pandemic made certain in-home care and day programs inaccessible. Many of us are now returning to offices – either part-time or full-time – and need to adjust our caregiving routines yet again. This webinar will go over some of the unique challenges caregiving employees face during this process and give you tips to help make it less daunting and disruptive.

BALANCING CARE: SELF-CARE STRATEGIES FOR PARENTS OF CHILDREN WITH DISABILITIES

Parents of children with significant health needs don't always consider themselves a caregiver, but regardless, much of their day-to-day is filled with caregiving responsibilities. This can be especially challenging when also juggling other obligations such as their career and family. This webinar will explore those challenges and address possible solutions that can make a caregiver's role a little easier.

THE CANCER CAREGIVING JOURNEY: TOOLS, RESOURCES, AND NEXT STEPS

Caring for a loved one with cancer comes with a unique set of challenges and questions. Your loved one's cancer diagnosis may not have only left you fearful, but asking "What do I do now? What's next?" For this presentation, we will cover the various resources and tools CAN has available for those caring for their loved ones with cancer, including how the Caregiver Help Desk is there for those caregivers who reach out with questions and are in need of support.

VOICES THAT MATTER: ADVOCATING FOR YOUR LOVED ONE'S HEALTH

You are your loved one's best advocate in a healthcare setting. Effective communication skills can minimize frustration and improve the quality of care.

CAREGIVING SIMPLIFIED: ESSENTIAL RESOURCES TO REDUCE YOUR STRESS

Stressed from caregiving? Learn about the tools and resources available to you as a family caregiver, that can assist in streamlining your loved one's care and alleviate much of the stress associated with being a caregiver.

PRESCRIPTIONS, PILLS AND PROTOCOLS: MEDICATION MANAGEMENT MADE SIMPLE

Medication management can be one of the most stressful aspects of caregiving. Learn the who, what, where, and when of medication safety.

VOICES OF CAREGIVING: CELEBRATING NATIONAL FAMILY CAREGIVERS MONTH

November is National Family Caregivers Month. Caregiver Action Employee Network will bring together your employees who are caregivers as well as your and CAN, for a discussion about the challenges and rewards of family caregiving. This panel discussion will also feature the National Family Caregiver's Month campaign, and talk about how you can get involved.

WEBINAR & TRAINING MODULES

CLINICAL TRIALS DECODED: A CAREGIVER'S GUIDE TO INNOVATIVE TREATMENT OPTIONS

Participating in a clinical trial can be a great way for your loved one to see medical professionals who specialize in their disease or condition and have access to cutting edge research and medications that are not yet available to the public. As a caregiver, you play a critical role in your loved one's participation in a clinical trial—helping them find a suitable trial, noticing and reporting any side effects or changes, making sure they make the required appointments.

WHEN CARING HURTS: MANAGING THE EMOTIONAL ROLLERCOASTER OF CAREGIVING

Part of caregiving that can be difficult to talk about is navigating those challenging emotions when they come up – anger, anxiety, frustration, and sadness. It can feel like you're on a roller coaster with your loved one and you may be feeling down when they are at a high point. This webinar will cover ways to address these emotions so you don't have to do it alone.

HARMONIZING CARE: SHARED DECISION-MAKING MADE EASY

Caring for someone with a chronic condition, disability, disease, or simply struggling with the frailties of old age? As a member of the care team, learn how you can best work with your loved one and their medical team to accomplish shared goals.

CYBER-SAFE CAREGIVING: NAVIGATING ONLINE RESOURCES WITH CONFIDENCE

As caregivers, we rely on online resources and tools for so much of what we do day-to-day. But maybe you've noticed a bunch of SPAM messages that seem to clutter your inbox after you post to an online forum or simply enter something into the search field in Google. This webinar will help you identify sites looking to share your information with others and show you how to keep your private information private while using the many valuable tools you can find on the web.

LEADERSHIP THAT CARES: HELPING CAREGIVING STAFF NAVIGATE WORK CHALLENGES

The transition back to the office - part-time or full-time for your caregiving employees comes with a number of unique challenges. This webinar will help supervisors understand these challenges and provide some tips and tools they can be equipped with to provide support during the process.

TOOLS YOU CAN USE: EXPLORING CAN'S TOOLS FOR FAMILY CAREGIVERS

Stressed from caregiving? Learn about the tools and resources available to you as a family caregiver, that can assist in streamlining your loved one's care and alleviate much of the stress associated with being a caregiver.

WEBINAR & TRAINING MODULES

UNDERSTANDING MEDICARE: NAVIGATION STRATEGIES FOR FAMILY CAREGIVERS

Medicare can be confusing and daunting for family caregivers of their senior loved ones. Learn about the different parts of Medicare and your role in selecting the best plan for your loved one.

CAREGIVING IN THE DIGITAL AGE: TECHNOLOGIES FOR CONNECTION AND SAFETY

Technology can be a crucial part of a caregiver's day-to-day. Even when you're not able to be there with your loved one, there are apps and other pieces of tech that can help you stay in touch with your loved one and make sure they are safe. For this webinar, we'll be talking through examples of these innovations and how they can make a world of difference for caregivers.

WHEN YOUR LOVED ONE ISN'T VERY LOVABLE: UNDERSTANDING AND RESPONDING TO CHALLENGING BEHAVIOR

Our loved ones may act, well, less than lovable – and that can make our role as a caregiver more difficult than it already is. This webinar will give an overview of what some of these challenging behaviors may be, how to deal with them, and when it is time to talk to their doctor.

CUSTOMIZED TRAININGS

NATIONAL FAMILY CAREGIVERS MONTH PANEL DISCUSSION

November is National Family Caregivers Month. This month, Caregiver Action Employee Network will bring together your employees who are caregivers as well as your and CAN, for a discussion about the challenges and rewards of family caregiving. This panel discussion will also feature the National Family Caregiver's Month campaign, and talk about how you can get involved.

CUSTOMIZED CAREGIVER WEBINAR/CONVERSATION (YOUR TOPIC OF CHOICE)

These sessions can be co-created based on the needs of your employees or network of family caregivers. They can be tailored to include your organization's unique offerings, or scenarios unique to your industry.

*Pricing for these sessions may vary, based on specified needs and any necessary subject matter experts.

SESSION PRICING



ANY TRAINING FROM THE STANDARD WEBINAR MENU

Our standard webinar presentations from the CAN menu can be adapted to fit your preferred timeframe, with sessions ranging from 30 to 60 minutes based on your specific requirements.

We seamlessly deliver these sessions across various digital platforms including Zoom, Microsoft Teams, and other virtual meeting solutions that align with your organization's technology infrastructure and communication preferences.

Each engagement includes:

- A comprehensive planning consultation with your HR team to establish objectives and expectations
- A customized presentation featuring relevant examples and scenarios that reflect your industry's unique challenges
- Content specifically tailored to resonate with your employee demographics and organizational culture

*Presentation packaging and pricing can be further tailored based on the scope of deliverables.

\$1,500 per session



CUSTOMIZED TRAINING BEYOND THE STANDARD MENU

In addition to our core webinar offerings, we provide fully customized learning experiences designed to address your organization's specific challenges.

Our collaborative approach begins with a consultation where we identify your team's unique pain points and priority themes. From there, we engage relevant subject matter experts and partner organizations to create precisely targeted content.

These specialized sessions can be developed around particular:

- Medical conditions and disease states
- Caregiving scenarios and challenges
- Workplace situations and dynamics

To enhance relevance and impact, we can incorporate employee testimonials, leadership panels, and elements that reflect your organization's authentic caregiving experiences.

*Sessions that are captured or recorded, to be used in perpetuity, may incur additional licensing fees.

\$3,000 per session (starting)