

Taking Care Class

#1: Special Guest Speaker Bernadette DiGiulian, M.Div



About Bernadette...

A Care Manager with her own firm, Bernadette has been in geriatrics for 26 years and is a Chaplain.

She has worked in the Yale Health system, at Masonic Care, Branford Hills, and Evergreen Woods and started one of the first Assisted Living Programs in CT.

She is a founder of the Shoreline Eldercare Alliance, a member of the CT Geriatric Society, Coalitions on Aging and End of Life Care, two clergy groups and is a Fellow at Yale. Bernadette is a frequent speaker on geriatric issues and pastoral care topics.

Taking Care of SoMEone Else

A dynamic 2-hour workshop for YOU, the caregiver!

Your caregiving career may extend over many years, and it's easy put yourself on auto pilot after a time. You're invited for a class to help you stay open to change, to learn about other ways to handle dementia caregiving, and how you can take action on YOUR OWN behalf by learning a few tools.

1

LEARN

A few tools to help YOU take care of YOU!

2

IDENTIFY

Sources of stress for those with dementia & how to manage them.

3

UNDERSTAND

Things you can and cannot change.