



The ALS Association – National Office, Patient Services  
Topic Specific Call Program

## National Family Caregiver Month Educational Series November 2009

In honor of National Family Caregivers' Month in November 2009, The ALS Association – National Office, Patient Services Department has assembled a set of presentations designed specifically for caregivers providing attention and care to people living with ALS.

Please join us for informative and practical discussions, sharing of experiences, tips and support. Caregivers, family, people living with ALS and friends are invited to attend these web-based presentations.

### **November 3 (Tuesday) @ 5:00 PM PT**

#### **Compassion Fatigue: Reduced Capacity to Care. Speaker: Jane Barton, MTS, MASM**

To witness the suffering of another person is sometimes a daunting experience that puts us at risk for experiencing compassion fatigue. Whether working as a professional caregiver or companionship our friends and family, our empathetic and compassionate response to the situation may manifest result in stress and fatigue. We must learn to recognize the signals of compassion fatigue, in ourselves and our colleagues, and subsequently engage in corrective behaviors. This presentation will examine compassion fatigue and present strategies to cope with its impact on health, emotions, ability to hope and interpersonal relationships.

Meeting Number: 825 831 539

Meeting Password: Ps2009

1. Go to <https://alsa.webex.com/alsa/j.php?J=825831539&PW=67935ad6df3b195d09545f>
2. Enter the meeting password: Ps2009
3. Click "Join Now."

Audio portion only (for those attending the audio teleconference only): 866-699-3239.

### **November 4 (Wednesday) @ 1:00 PM PT**

#### **If Fiber Doesn't Work, What Does? ...Troubleshooting Tips for Caregivers. Speaker: Lorraine Danowski, RD**

This presentation will review different tube feeding strategies and the oral high calorie products available, including the features of these products and alternatives, formula and medication administration. Protein, calorie and fluid needs will be reviewed. Common issues regarding tube feeding tolerance will be discussed as well as case examples.

Meeting Number: 826 782 213

Meeting Password: Ps2009

1. Go to <https://alsa.webex.com/alsa/j.php?J=826782213&PW=67935ad6df3b195d09545f>
2. Enter the meeting password: Ps2009
3. Click "Join Now."

Audio portion only (for those attending the audio teleconference only): 866-699-3239.

### **November 12 (Thursday) @ 3:00 PM PT**

#### **Turning Points in ALS. Speaker: Judie Benwick, MSH, MPH, CHES**

As ALS progresses, a number of difficult decisions often become necessary, not the least of which is how respiration and nutrition might be best supported and facilitated. This presentation will examine the medical options and the issues they often raise for people living with ALS and their families.

Meeting Number: 827 818 582

Meeting Password: Ps2009

1. Go to <https://alsa.webex.com/alsa/j.php?J=827818582&PW=67935ad6df3b195d09545f>
2. Enter the meeting password: Ps2009
3. Click "Join Now."

Audio portion only (for those attending the audio teleconference only): 866-699-3239.

**November 17 (Tuesday) @ 9:00 AM PT**

**Financial Planning. Speaker: Cynthia Haddad, CFP.**

This presentation will help attendees to manage their financial needs in the present with an anticipating eye to life and its needs after ALS. A variety of strategies, considerations and options will be examined, including end of life expenses, housing, retirement, healthcare, education and other financial projects that are in the mix for many families living with ALS. MS. Haddad is a Certified Financial Planner.

Meeting Number: 824 519 082

Meeting Password: Ps2009

1. Go to <https://alsa.webex.com/alsa/j.php?J=824519082&PW=67935ad6df3b195d09545f>
2. Enter the meeting password: Ps2009
3. Click "Join Now."

Audio portion only (for those attending the audio teleconference only): 866-699-3239.

**November 18 (Wednesday) @ 4:00 PT**

**Care Connection. Speaker: Sharon Matland, RN, MBA**

It's easy for people with ALS and their families to become overwhelmed by the wide range of needs they have, from everyday errands, to making meals, maintaining their home, and so much more. It's hard to know when and how to ask friends and neighbors for help. And for those who want to help, it's difficult to know how you can make a difference. The Care Connection is simple: it's a network of friends, neighbors, and others – that provide help for the person with ALS and family, and give the caregiver a needed break from their responsibilities.

Meeting Number: 820 940 318

Meeting Password: Ps2009

1. Go to <https://alsa.webex.com/alsa/j.php?J=820940318&PW=67935ad6df3b195d09545f>
2. Enter the meeting password: Ps2009
3. Click "Join Now."

Audio portion only (for those attending the audio teleconference only): 866-699-3239.

**November 24 (Tuesday) @ 5:00 PM PT**

**Anniversary Reactions. Speaker: Susan Stone, MA, LMFT**

After a diagnosis of ALS is received, life is unalterably changed. Potentially every day is the last or the first of some new feature as the disease progresses. After the life of a person living with ALS has come to an end, family and friends often experience additional feelings of loss as they pass through the holiday season, across personal memory-dates, birthdays, death dates and important events. This presentation will overview the phenomenon of anniversary reactions and offer discussion about ways to plan for and cope with delayed grief so that a healthy expression is facilitated and loved ones are honored.

Meeting Number: 822 193 465

Meeting Password: Ps2009

1. Go to <https://alsa.webex.com/alsa/j.php?J=822193465&PW=67935ad6df3b195d09545f>
2. Enter the meeting password: Ps2009
3. Click "Join Now."

Audio portion only (for those attending the audio teleconference only): 866-699-3239.

