

# Community Education

## Empowering You with Knowledge and Support

Navigating serious illness or caring for a loved one can feel overwhelming. Hospice offers free educational programs to help individuals and families understand their options, make informed decisions and find meaningful support.

### PROGRAM TOPICS

#### Hospice & Palliative Care

- **Hospice Care: Myths and Facts** – Addresses common misconceptions and explains how hospice care supports quality of life for patients and loved ones.
- **Palliative Care: Myths and Facts** – Clarifies the differences between hospice and palliative care and highlights the benefits of palliative care for people living with serious illness.
- **HOPES Trivia (Hospice Offers People Extra Support)** – An interactive trivia-based session that explores how hospice care supports patients, caregivers and families.

#### How to Support Your Loved One

- **Supporting Loved Ones at End of Life** – Provides guidance on what to expect, how to communicate and meaningful ways to support someone nearing the end of life.

#### Care and Support for People Living with Dementia

- **Dementia Friends Information Session** – Raises awareness, reduces stigma and shares five key messages about dementia, along with tips for supportive interactions. Participants are invited to become a Dementia Friend by committing to one small action.
- **Dementia Education Programs** – A variety of sessions covering topics such as understanding dementia and practical strategies for meeting individuals where they are.
- **Navigating Dementia: Compassionate Care for Every Stage** – Explores how palliative care and hospice care provide support and comfort at every stage of the dementia journey.



#### Self-Care for Caregivers

- **Self-Care for Caregivers** – Emphasizes the importance of caregiver well-being and shares practical strategies to support physical and emotional health.

#### Making Your Wishes Known

- **Making Your Wishes Known** – Explains why advance care planning matters and introduces tools and steps to help communicate healthcare preferences.

#### What You Can Expect from Hospice

- **What Can I Expect from Hospice?** – Covers hospice philosophy, eligibility, services, care teams and how to get started.

#### Grief, Loss & the Bereavement Process

- **Grief, Loss & the Bereavement Process** – Offered through the Pathways Center for Grief & Loss and Journeys Program, these trainings and consultations support employers, healthcare professionals, faith communities and other groups. Programs can be customized to meet specific needs.



We provide in-person workshops, virtual webinars and community presentations. Programs are designed for individuals, families, caregiver groups and community organizations. Scan the QR code to learn more.



Programs of Choices Healthcare



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