

# 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

To request more information, call Karen Stauffer, CDP, Community Educator, at (717) 295-3900 or email [KStauffer@choiceshealth.org](mailto:KStauffer@choiceshealth.org)