ABOUT THIS EVENT

The holiday season is traditionally filled with expectations of happy celebrations, yet it is also a time when millions find themselves in a caregiving role for an aging or disabled family member. These changes can feel daunting and potentially lead to stress and family discord. Despite these challenges, caregivers can develop strategies to address these needs, and still enjoy the holidays.

This seminar will address:
• Planning ahead for the holiday season
• Warning signs when visiting loved ones & strategies to address concerns
• Supports for the caregiver and your family member

RSVP to Attend: http://hr.harvard.edu/senior-care-planning