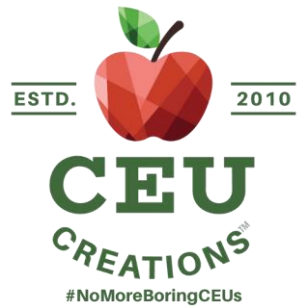


Easing Transitions in Caregiving



- Kate Washington, author of the new book, *Already Toast, Caregiving and Burnout in America*.
- Many Resources and Tools to Ease Transitions

Wednesday, May 8, 2024

2:45 PM ET – 4:00 PM ET

Live Stream Series (Online Synchronous Training)

Complimentary CE Event courtesy of Sunrise Senior Living

Space is limited.
Please scan QR code or
register online at:

<https://bit.ly/05082024>



1 CREDIT HOUR APPROVED FOR:

- **Social Workers**
ASWB ACE – 1 CE Credit
New York State Education Department's State Board for Social Work – 1 Contact Hour
NASW-NJ – 1 CE Credit
- **Case Managers**
CCMC – 1 Contact Hour
- **Nurses**
California Board of Registered Nursing – 1 Contact Hour
- **Counselors**
NBCC – 1 Contact Hour
New York State Education Department's State Board for Mental Health Practitioners – 1 Contact Hour
- **Long Term Care Administrators**
NAB/NCERS – 1 Participant Hour

Attendance or applied credit certificate available for other credentials.
Please make sure to check with your own state board to ensure transferability of CE credit.

PRESENTERS:



Kate Washington, PhD
Author of *Already Toast: Caregiving and Burnout in America*



Jessica Patterson, LMSW, DSW
Educational Manager,
CEU Creations

A COMPLIMENTARY EDUCATIONAL EVENT COURTESY OF:



For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Patty Tucker at patty@ceuc creationsinc.com or 770-880-9873.

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AGENDA

2:45 PM ET – 3:00 PM ET:	Log in and Virtual Networking
3:00 PM ET – 4:00 PM ET:	Presentation
4:00 PM ET:	Evaluations and adjourn

For family caregivers, a loved one's move to a care facility represents a significant shift in their role and responsibilities. Studies have shown that transitions in caregiving—particularly, and paradoxically, reductions in caregiving duties—can trigger guilt, anxiety, and even depression. This session will help staff members understand the profound stressors that affect family caregivers, gain insight into easing care transitions, and provide wraparound support to residents' caregivers and the entire family system, helping family caregivers and residents alike thrive.

BY THE END OF THE SESSION, THE PARTICIPANT WILL BE ABLE TO:

- Define the five key factors that create stress for family caregivers and explain their impact on social, emotional, and physical wellbeing
- Identify three signs that a family caregiver is struggling and would benefit from professional intervention or support during a care transition
- Name three to five resources family caregivers can access for additional support during care transitions or in future

Course Interaction and Technical Requirements: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions. A computer or mobile device is required. Zoom account is *not* required. You will receive an email approximately 24 hours prior to the start of the class with a link to the webinar.

In order to receive credit, you must log in on time, attend the entire presentation, and complete an online evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided in approximately 7-10 business days.

Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals.

SOCIAL WORKERS: CEU Creations, #1239, is approved as an ACE provider to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Regulatory boards are the final authority on courses accepted for continuing education credit. ACE provider approval period: 11/22/21-11/22/24. Social workers completing this course receive 1 General continuing education credit.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0616. This activity is approved for 1 contact hour.

This course, Easing Transitions in Caregiving, Approval #20240420, provided by CEU Creations is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: September 1, 2022 through August 31, 2024. New Jersey social workers will receive 1 Non-Clinical CE credit for participating in this course.

NURSES: 1 Contact Hour - CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP17905. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

COUNSELORS: 1 Contact Hour -



CEU Creations has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6941. Programs that do not qualify for NBCC credit are clearly identified. CEU Creations is solely responsible for all aspects of the programs.

CEU Creations, Inc. is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0199. This activity is approved for 1 contact hour.

LONG TERM CARE ADMINISTRATORS: This program has been approved for Continuing Education for total 1 Participant Hour to NAB/NCERS - approval #20250507-1-A101884-DL.

All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.



Easing Transitions in Caregiving

PRESENTER BIOS:



Kate Washington, PhD
Author of *Already Toast: Caregiving and Burnout in America*

Kate Washington is the author of *Already Toast: Caregiving and Burnout In America* (Beacon Press, 2021) and a frequent speaker on the systemic challenges facing family caregivers. Her writing has appeared in *The New York Times*, *TIME*, *Eater*, *Catapult*, and many other publications. She holds a Ph.D. from Stanford University and lives in Sacramento.



Jessica Patterson, LMSW, DSW
Educational Manager,
CEU Creations

Jessica Patterson, LMSW, DSW, is a licensed social worker with over ten years of experience working in different systems. Jessica has a strong passion for teaching, training, and professional development. She also has a strong background around creating trauma informed systems, social emotional behavioral health and the implementation of community and individual support systems.

Jessica has created and facilitated many professional development trainings throughout her career. Jessica's role at CEU Creations includes developing curriculum, working with licensure boards, and presenting at various CE trainings.

Jessica holds a Bachelor's degree in organizational management and sociology from Ashford University. She received her Master's in Social Work from University of Iowa and is currently working on her Doctoral degree in Social Work. Jessica is a licensed Social Worker through the state of Iowa. Jessica currently lives in Iowa with her husband, four children, two dogs, and cat. Any spare moment that Jessica has is usually spent running or reading.