



## SUMMER CAREGIVER SERIES

### Compassion Fatigue

This second session in the Summer Caregiver Series focuses on how to cope with changing behaviors of dementia, and self-care for the caregiver.

#### When:

**June 22, 2021**

**10:00am-11:00am**

**This Event is Free.**

#### To Register:

Click Here:

<https://www.agingtogether.org/upcoming-programs.html>

Or go to [www.agingtogether.org](http://www.agingtogether.org) and continue to the "Upcoming Programs" section under the Programs tab. Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program. Please check your email after you have registered.

**For all family & professional caregivers.**



**The Harbor at Renaissance**

*A Legacy Senior Living Community*

### Presenter:



#### Meg Lawless Crossett

Meg Lawless Crossett is a licensed clinical social worker working in the field of gerontology and hospice. Meg believes in meeting seniors where they are in life, accepting their limitations while enjoying getting to know who they are. Meg knows it takes a village to care for seniors properly; she is not only honored to be a part of that village, but loves being an integral part of that village.

Meg will discuss a variety of skills and coping mechanisms to help support and encourage the caregiver as they learn to navigate their own journey and feelings through the changes brought on by different stages and behaviors of dementia. Meg will also talk about the importance of self-care and ways to prevent caregiver burnout.