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## **Difficult Conversations: A Series for Caregivers**

Date and Time

Weekly on Tuesday 6:00 to 7:00pm for 3 times

Upcoming

- Tuesday 3/4/2025 6:00 to 7:00pm
- Tuesday 3/11/2025 6:00 to 7:00pm
- Tuesday 3/18/2025 6:00 to 7:00pm

Tuesday 3/25/2025 10:00am to 1:00pm

Event Region

Richmond Area

Event Type

Support group

RSVP Info

Contact the Advocate for the Aging for more information: 804-501-5065 or  
[agingadvocate@henrico.gov](mailto:agingadvocate@henrico.gov)

Event Cost

\$0.00

Event Description

Image



## DIFFICULT CONVERSATIONS: A SERIES FOR CAREGIVERS

Join us at Fairfield Library at 1401 N. Laburnum Ave on Tuesday March 4th, March 11th, and March 18th as we tackle challenging topics for caregivers supporting older adults in Henrico. We will end the series with a Senior & Caregiver Expo on Tuesday, March 25th at Eastern Henrico Recreation Center to learn about resources to assist older adults in our community.

### TUESDAY, MARCH 4TH 6PM-7PM

#### Dementia 101

A representative from the Alzheimer's Association will share information about the stages of dementia, resources for caregivers and take questions from community members.

### TUESDAY, MARCH 11TH 6PM-7PM

#### Supporting Your Loved One as Their Abilities Change

Lisa Isbell with Senior Care Authority of Central Virginia will share resources for individuals with varying levels of need and tips for recognizing changes in need and having difficult conversations about care.

### THURSDAY, MARCH 18TH 6PM-7PM

#### End of Life

A Representative from Crater Community Hospice will help caregivers understand the difference between hospice and palliative care, and provide techniques for conversing about end of life with loved ones.

 Contact the Advocate for the Aging for more information 804-501-5065 [agingadvocate@henrico.gov](mailto:agingadvocate@henrico.gov)



10AM-1PM  
TUESDAY  
**25**  
MARCH

**SENIOR & CAREGIVER  
RESOURCE EXPO**  
EASTERN HENRICO  
RECREATION CENTER  
1440 N. LABURNUM AVE

Event Image or Sponsor Logo  
Image

