



Caring for Caregivers: A Conversation on Compassion

Webinar • November 16, 2023 • Noon ET/9:00am PT

The holiday season is meant to be a time of joy, connection, and celebration. However, it can also be stressful if you're worried about the health of older loved ones, juggling caring for both children and seniors, or simply feeling overwhelmed by caregiving responsibilities. The good news? You're not alone. Let's talk about it.

Kate Washington, a family caregiver and author of "Already Toast," and Jody Gastfriend, LICSW and senior care expert, join us for a fireside chat about the unique challenges caregivers face during the holidays. Drawing on their own experiences and expertise, Kate and Jody will provide coaching on how to better navigate tough conversations, stress management tools, and coping techniques as we navigate the path to a more manageable and meaningful holiday season. Can't attend this virtual event live? Sign up anyway and we'll send a recording. Don't miss this!

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About Our Presenters

Kate Washington, PhD

Best-selling author and speaker

Kate Washington is the author of *Already Toast: Caregiving and Burnout In America* 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. in Victorian literature from Stanford University and lives in Sacramento.

Jody Gastfriend, LICSW

Award-winning author and senior care expert

Jody Gastfriend is a licensed clinical social worker and a national expert in senior care. She is a knowledgeable social entrepreneur at the intersection of health care, technology, public policy, and innovation with a specific focus on how to best support older adults and family caregivers.