



Nebraska
Home Care Association

2026 Summer 3-Part Webinar Series

GUIDE Model - June 17

**Dementia & Memory Care
for Caregivers - July 15**

**Dementia & Memory Care
for Patients - August 26**

Register Online

NHCA Summer 3-Part Webinar Series

Guiding an Improved Dementia Experience (GUIDE) Model

Wednesday June 17, 2026, from 12 p.m. – 1 p.m. CT / 11 a.m. – 12 p.m. MT

Education and information about the CMS initiative to improve care for individuals living with dementia.

By the end of this webinar, participants will be able to:

1. Understand the purpose and structure of the CMS GUIDE Model.
2. Identify eligibility criteria and target patient population.
3. Explain the key components:
 - GUIDE Navigator
 - Respite Benefit (\$2,500)
 - Interdisciplinary Care Approach
4. Recognize the role of home care agencies, adult day and overnight stays within the GUIDE model.
5. Identify referral pathways and partnership opportunities.

Dementia & Memory Care for Caregivers

Wednesday July 15, 2026, from 12 p.m. – 1 p.m. CT / 11 a.m. – 12 p.m. MT

Caregiver assessments and identifying signs and symptoms of progressive stages accompanied by caregiver response at each state of progression.

By the end of this webinar, participants will be able to:

1. Identify the most common behaviors associated with dementia including agitation, resistance to care, wandering, anxiety, and sundowners.
2. Define behaviors.
3. Identify what triggers behaviors, such as medications, medical reasons, environment, and if basic needs are being met.
4. Implement intervention methods.
5. Identify when additional support or services are needed.

Dementia & Memory Care for Patients

Wednesday August 26, 2026, from 12 p.m. – 1 p.m. CT / 11 a.m. – 12 p.m. MT

Guidance for Caregivers to communicate patient progression with family and other loved ones along with Tips and Tricks for collaboration and cooperation with family and loved ones to improve patient quality of life.

By the end of this webinar, participants will be able to:

1. Effectively communicate disease progression to families.
2. Navigate difficult conversations (decline, safety, placement).
3. Provide caregivers with tools to improve daily interactions.
4. Manage family dynamics and differing expectations.
5. Apply strategies to improve cooperation and care consistency.
6. Enhance overall quality of life for both patients and caregivers.
7. Recognize and respond to caregiver denial, including how to initiate supportive and productive conversations for the patient, and ways the caregiver company can start the conversation.
8. Identify common caregiver barriers, including fear, lack of education, and resistance to care, again, with the caregiver company starting the conversations with the patient and their loved ones.



Webinar Series Speakers

Leah Friesen MSW

Leah Friesen serves as the Director of Social Work at Medicine in Motion, where she supports individuals and families navigating the challenges of aging and dementia.

A graduate of the University of Kansas with a master's degree in social work, Leah brings a thoughtful, compassionate presence to her work with older adults and their caregivers. Her focus is on education, emotional support, and helping families plan with clarity and confidence after a dementia diagnosis.



Michelle Hoeft CDP, ALA

With more than 30 years of nursing experience, Michelle Hoeft brings deep expertise in geriatric care, assisted living, and memory support to her dual role as Director of Clinical Services and Director of the CMS GUIDE (Guiding an Improved Dementia Experience) Program at Medicine in Motion.

A Certified Dementia Practitioner and licensed Assisted Living Administrator, Michelle has spent more than 20 years managing and training teams in memory care and assisted living communities.

Her work focuses on improving the quality of life for our aging population, individuals living with dementia, and their caregivers through compassionate, person-centered care and evidence-based practices.



Rebecca Wester MD, CMD

Dr. Rebecca Wester is triple board certified in Geriatrics, Family Medicine, and Hospice and Palliative Medicine.

From 1997 to 2003, she served as a physician with the United States Air Force. In 2007, she officially moved to Omaha, NE, to teach Geriatrics at the University of Nebraska Medical Center.

Dr. Wester has a passion for teaching the next generation of doctors and caregivers to promote senior independence at home. As a Certified Medical Director, she volunteers her expertise to agencies that promote health and wellness in vulnerable adults. Driven by this commitment to senior care and her extensive experience, Dr. Wester took her dedication a step further.

In 2018, Homaha Senior Care, dba Medicine in Motion, was created with a mission to provide medical direction that helps organizations promote aging in place through comprehensive, patient-centered care.

While staying committed to its regional geriatric house-calls practice in Eastern Nebraska and Western Iowa, Homaha Senior Care has experienced tremendous multi-directional and multi-state growth, extending its services to state veterans' homes, national assisted living organizations, hospice care, pharmacies, and nursing homes. This expansion reflects a steadfast dedication to enhancing the quality of life for seniors through innovative, accessible, and coordinated healthcare solutions.

Dr. Wester continues to see patients daily, ensuring hands-on care and personalized attention, embodying her commitment to senior well-being and high-quality healthcare.



NHCA 3-Part Webinar Series Registration

Registration Information

Organization:

Address:

City/State/Zip:

Phone: Email:

Primary Contact/Registering Representative:

NHCA MEMBER PRICING (Flat Rate Per Organization)

- \$300 - NHCA Member | Full 3-Part Webinar Series
OR
- \$150 - NHCA Member | GUIDE Model
Wednesday, June 17, 2026
- \$150 - NHCA Member | Dementia & Memory Care for Caregivers
Wednesday, July 15, 2026
- \$150 - NHCA Member | Dementia & Memory Care for Patients
August 26, 2026

Total Registration DUE: \$.....

NON-MEMBER PRICING (Flat Rate Per Organization)

- \$600 - Non-Member | Full 3-Part Webinar Series
OR
- \$300 - Non-Member | GUIDE Model
Wednesday, June 17, 2026
- \$300 - Non-Member | Dementia & Memory Care for Caregivers
Wednesday, July 15, 2026
- \$300 - Non-Member | Dementia & Memory Care for Patients
Wednesday, August 26, 2026

Total Registration DUE: \$.....

TOTAL DUE:

\$.....

PAYMENT METHOD:

SUBMIT REGISTRATION WITH PAYMENT BY:

[Clicking Here to Register Online](#)

OR

Submit Registration Form along with a Check Payable to NHCA sent to:

NHCA
3901 Normal Blvd.
Suite. 100
Lincoln, NE 68506

OR

Call the NHCA office with credit card payment at (402) 423-0718.

When providing a check as payment, you authorize us either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. When we use information from your check to make an electronic fund transfer, funds may be withdrawn from your account as soon as the same day we receive your payment, and you will not receive your check back from your financial institution.



Webinars will be recorded and available to watch on-demand at the convenience of you and anyone employed by your organization.