

National Family Caregivers Month Workshops

How Caregivers Can Use AI to Support Themselves & Improve Quality of Life



Presenter:

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Part 1: Support You Can See and Use: What AI Brings to Your Caregiving Role

November 18, 2025
1:30 - 2:30 pm

- Brief overview of AI chatbots and their limits.
- Use ChatGPT for daily routines, meal planning, doctor-visit prep, drafting forms, and more.
- Hands-on practice with sample and personalized prompts.

➤ [In person Registration](#)
➤ [Zoom Registration](#)

Part 2: How AI Helps Caregivers Feel Supported

December 16, 2025
1:30 - 2:30 pm

- Discover research insights on how AI chatbots are helping caregivers.
- Use ChatGPT for journaling, mood tracking, and affirmations.
- Guided prompts for reflection and identity support.

➤ [In person Registration](#)
➤ [Zoom Registration](#)

There is no cost to attend these classes, but registration is required.

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