

Are you providing care for a family member or friend?  
Are you concerned for the well being of your parents?

**Join other family caregivers at this free educational event.**

[www.caregivercoalitionsd.org](http://www.caregivercoalitionsd.org)

THE CAREGIVER COALITION OF SAN DIEGO PRESENTS:  
FINDING THE BALANCE IN  
**CAREGIVING**

Tuesday, October 5, 2010,  
8:30am - 2:30pm

First United Methodist Church  
2111 Camino del Rio South  
San Diego CA, 92108

Register at  
[www.sharp.com](http://www.sharp.com)  
or call (800) 827-4277

Free On-Site Care  
Provided by:  
At Your Home Familycare



Continental Breakfast and Lunch will be Provided  
Free Giveaways and Resource Booths

CAREGIVER COALITION  
Improving the Quality of Life for Caregivers, their Families and the Community.

Sponsored by:





The Caregiver Coalition of San Diego Presents:  
**“Finding the Balance in Caregiving”**

8:30-9:00	<b>Registration &amp; Resource Fair</b> Light Breakfast Provided by Heritage Senior Care and Silverado Hospice
9:00-9:15	<b>Welcome/Introduction of Exhibitors and Sponsors</b> Marty Dare, Aging and Independence Services
9:15-9:45	<b>Caring for the Caregiver</b> Alejandra Ceja-Aguilar, Southern Caregiver Resource Center
9:45-10:25	<b>Legal Issues for Caregivers</b> Lois Kelly, Elder Law and Advocacy and Scott Stewart, Elder Care Law Firm
10:25-10:35	<b>Overview of Breakout Sessions</b>
10:35-10:50	<b>Break and move to Breakout Session</b>
10:50-11:30	<b>Breakouts including:</b> <ul style="list-style-type: none"><li>• Integrative Therapies and Demonstrations for Caregivers</li><li>• Transfer Techniques and Assistive Devices</li><li>• Care Options Overview</li></ul>
11:30-12:20	<b>Lunch</b> Provided by AARP
12:20-1:00	<b>Wise Use of Medication</b> Judy Gordon, AARP Volunteer
1:00-1:15	<b>Stretch Break</b>
1:15-2:00	<b>Improving Communication</b> Diane Darby-Beach, Alzheimer's Association
2:00-2:30	<b>Closing Remarks and Resource Fair</b>

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***Special Thanks to Our Sponsors***

AARP, Aging and Independence Services, Alzheimer's Association, At Your Home Familycare, CA Telephone Access Program, Elder Care Law Firm, Elderlaw & Advocacy/HICAP, ElderHelp of San Diego, Heritage Senior Care, LightBridge Hospice, LiveWell, Maxim Healthcare Services, North Coast Home Health Products, Parkinson's Disease Association, San Diego Homecare Supplies, Senior Care Living Options, Sharp HospiceCare, Sharp Senior Resource Center, Sharp Rees-Stealy, Silverado Hospice, and Southern Caregiver Resource Center

**For information on upcoming events and services provided through the Caregiver Coalition, Please visit our website at: [www.CaregiverCoalitionSD.org](http://www.CaregiverCoalitionSD.org)**