

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.

CAREGIVER COALITION

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

www.caregivercoalitionsd.org

THE CAREGIVER COALITION OF SAN DIEGO PRESENTS:

FINDING THE BALANCE IN CAREGIVING

**Saturday, May 14, 2011
8:30am to 3:00pm**

Poway Adult Day Health Care Center
12250 Crosthwaite Circle
Poway, CA 92064

**Register at
www.sharp.com
or call (800) 827-4277**

**Free On-Site Care Provided by:
Visiting Angels of North County**

Brought to you by:



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

Complimentary Lunch provided by:

**A1 Hearing Centers
Alert San Diego
AARP**





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

- 8:30-9:00 **Registration & Resource Fair**
Light Breakfast Provided by the Caregiver Coalition of San Diego
- 9:00-9:15 **Welcome/Introduction of Exhibitors and Sponsors**
Marty Dare, Aging and Independence Services/Caregiver Coalition
- 9:15-9:45 **Caring for the Caregiver**
Alejandra Ceja-Aguilar, Southern Caregiver Resource Center
- 9:45-10:25 **Fall Prevention**
Joanne Price, Alert San Diego
- 10:25-10:35 **Overview of Breakout Sessions**
- 10:35-10:50 **Break and Move to Breakout Sessions**
- 10:50-11:30 **Breakout Sessions to include:**
Care Options and Hiring an In-Home Caregiver
When Should Hospice Be Considered?
- 11:30-12:20 **Lunch**
Provided by A1 Hearing Centers, Alert San Diego and AARP
- 12:20-1:00 **Legal Issues for Caregivers**
Richard Scott Stewart, Elder Care Law Firm
- 1:00-1:30 **We Need to Talk: Conversations with Older Drivers**
Ahnileen Martinez, AARP
- 1:30-1:50 **Sing-along with Lois and Roger**
- 1:50-2:30 **Tips for Communicating with People with Dementia**
Jatana Williams, Silverado Hospice
- 2:30-3:00 **Closing Remarks and Resource Fair**

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Special Thanks to Our Sponsors

A1 Hearing Centers, AARP, Aging and Independence Services, Alert San Diego, Always There Homecare, At Your Home Family Care, Elder Care Law Firm, Heritage Senior Care, Maxim Healthcare Services, Parkinson's Association, Poway Adult Day Health Care Center, Senior Care Living Options, Sharp HospiceCare, Silverado, Southern Caregiver Resource Center, Southwest Lifeline, The Elizabeth Hospice and Visiting Angels of North County

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