

The Caregiver Coalition Presents:

Sponsored by:



FINDING THE BALANCE IN CAREGIVING

Are you providing care for a family member or friend? You are not alone! Join other family caregivers at this free educational event.





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

- 8:30-9:00 **Registration & Resource Fair**
Light Breakfast Provided by LivHome and Maxim Healthcare Services
- 9:00-9:30 **Welcome/Introduction of Exhibitors and Sponsors**
Andrea Holmberg, Sharp Grossmont Senior Resource Center
- 9:30-10:00 **Caring for the Caregiver**
Alejandra Ceja-Aguilar, Southern Caregiver Resource Center
- 10:00-10:15 **Break**
Visit the Resource Fair and Enjoy Refreshments
- 10:15-10:45 **Legal Issues for Caregivers**
Lois Kelly, Elder Law and Advocacy
- 10:45-11:30 **Wise Use of Medications**
Judy Gordon, AARP
- 11:30-12:15 **Lunch**
Provided by AARP
- 12:15-1:00 **Breakout 1: When is it time to Ask for Help? Hiring a Caregiver and Placement Options**
Panel from American Board of Home Care;
Marcie Hanna, Jose Fernandez, and Bill Mathis
- Breakout 2: Transfer Techniques and Assistive Devices**
Panel of Physical Therapists from Sharp Grossmont Hospital
- 1:00-1:15 **Stretch Break**
- 1:15-2:00 **Improving Communication**
Laura Printy, Alzheimer's Association
- 2:00-2:15 **Closing Remarks**
- 2:15-2:30 **Resource Fair**

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Special Thanks to Our Sponsors

AARP, Aging and Independence Services, Always Best Senior Care, Alzheimer's Association, At Your Home, Attentive Home Care, CA Telephone Access Center, East County Action Network, Elder Law & Advocacy/HICAP, ElderHelp of San Diego, Heritage Senior Care, LightBridge Hospice, LivHome, Maxim Healthcare Services, North Coast Home Health Products, San Diego Homecare Supplies, San Diego Hospice, Sharp HospiceCare, Sharp Senior Resource Center, 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