

Challenges in Caregiving: Giving Care, Taking Care

Tukwila, Washington

June 7, 2010

NEWSLETTER ANNOUNCEMENTS

(1) Brief announcement for Calendar of Events:

CAREGIVER TRAINING CONFERENCE: Learn practical caregiving skills and strategies. This full-day training conference on Monday, June 7, 2010 allows you to choose from many helpful workshops based on your needs as a caregiver. It will be held at the Tukwila Community Center in Tukwila, Washington. Pre-registration is required and space is limited. Call today to receive a full brochure and registration form. 1-800-422-3263 or 360-725-2544.

(2) Longer announcement or brief article:

Challenges in Caregiving: Giving Care, Taking Care, a caregiver training conference will be offered on Monday, June 7, 2010 at the Tukwila Community Center in Tukwila, Washington. The event is sponsored by Aging and Disability Services Administration, ElderHealth Northwest and Pierce County Human Services/Aging and Long Term Care along with the support of numerous community organizations. The conference is designed to provide current, practical skills and resources that community caregivers can use in their daily caregiving responsibilities. The conference is intended for family caregivers and the community caregivers who support them, including:

- Family caregivers (spouses, adult children, parents of adults with disabilities, or other relatives)
- Home care workers, adult family home and assisted living staff
- Adult day services or assisted living staff
- Social service or mental health professionals who work with family caregivers

The Early Registration fee (by May 24) for individual caregivers is \$25. Scholarships are available for unpaid family caregivers. The Early Registration fee for agency-based caregivers is \$50. Fees include workshops, lunch and resource exhibits. Registration forms will be available in April and space is limited - so don't delay! For more information or to receive a full brochure and registration materials, please call 1-800-422-3263 or 360-725-2544.

- OR, CONTINUED -

(3) Article format

Conference for Caregivers: Tips & Tools for Daily Caregiving

On Monday, June 7, 2010 Aging and Disability Services Administration, ElderHealth Northwest, and Pierce County Human Services/Aging and Long Term Care along with the support of numerous community organizations, will again sponsor a day-long conference for caregivers, *Challenges in Caregiving: Giving Care, Taking Care*. The conference will be held in Tukwila, Washington at the Tukwila Community Center.

Megan Cole, TV and stage actor, and national trainer for health professionals will present the keynote address. Ms. Cole brings to life the caregiving experience and shares essential skills for compassionate communication. She will also discuss ways to help caregivers maintain a sense of self while caring for another person.

Caregivers will choose from 16 workshops to find information they most need in their unique situation. Choices range widely, with practical as well as emotional issues covered on a variety of topics including:

- Care strategies for behaviors associated with dementia and developmental disabilities
- Managing anger, grief and stress
- Learning to relax naturally
- Back injury prevention
- Care at the end of life
- Medicaid and COPES eligibility
- Simplifying ways to healthier eating
- Promoting cooperation between family members

Over 40 exhibitors will provide resource information about products and services that are available to assist caregivers in Washington State. Caregivers will have the opportunity to meet with agency representatives and learn where and how they can get the help they need.

This conference is intended for family caregivers, people who provide personal care or assist another person with care at home. Caregivers who will benefit from the conference are:

- Family caregivers (spouses, adult children, parents of adults with disabilities, or other relatives)
- Home care workers, adult family home and assisted living staff
- Adult day services or assisted living staff
- Social service or mental health professionals who work with family caregivers

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