



COUNTY OF SAN DIEGO NEWS RELEASE

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FREE COUNTY CONFERENCES TO ASSIST WEARY CAREGIVERS *Program Teaches Those Who Help Seniors How To Maintain Balance In Their Lives*

Taking care of a loved one has its rewards, but can also provide great stress. Most caregivers to seniors are adult children, who have never undertaken this kind of task before. Aging & Independence Services, a division of the San Diego County Health and Human Services Agency, is working with community partners, to lighten the load. Three free conferences will be offered in November, specifically designed to help family caregivers.

The conferences are called "The Art of Caregiving; Finding the Balance," and take place from 8:30 a.m. to 12:30 p.m. on the following dates and locations:

Thursday, Nov. 13, at Redwood Elderlink, 1151 S. Redwood in Escondido

Friday, Nov. 14, at First United Methodist Church, 2111 Camino del Rio S., Mission Valley.

Monday, Nov. 17, at Villa Bonita, 3434 Bonita Road, Bonita.

The *Caregiver Coalition* of Aging & Independence Services is sponsoring this program, which features such topics as:

- The Emotional Aspects of Caregiving
- Hands On Care & Transfer Techniques
- The Importance of Managing Medications
- Communicating with Those with Dementia
- Legal Issues of Caregiving
- Spiritual Side of Caregiving
- Skin and Wound Care

Continental breakfast will be provided at each site, and adult day care is available.

Participants can get resource information, as well as a *Vial of Life*, a small plastic box placed on the refrigerator that contains an individual's medical history, prescription data, and emergency contacts.

For reservations, call (800) 827-4277.

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