



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **FREE COUNTY CONFERENCE AIDS HARRIED CAREGIVERS**

*Those Who Help Seniors Can Get Tips on How To "Find Balance in the Art of Caregiving"*

Taking care of a loved one has its rewards, but can also result in great stress. Most caregivers of 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, has joined with the Caregiver Coalition and the Fourth District Senior Resource Center to help caregivers learn to lighten the load at a free conference for family caregivers.

The conference will be held from 8:30 a.m. to 2:30 p.m. Friday, April 21, at the George L. Stevens Senior Community Center, 570 S. 65<sup>th</sup> St., San Diego, 92114.

The program will feature talks on such topics as:

- The Emotional Aspects of Caregiving
- Hands On Care and Transfer Techniques
- Managing Medications and Medicare Part D
- Caregiving for Those with Dementia
- Community Resources to Help You

A Continental breakfast and light lunch will be provided by AARP. Resource tables will be available with helpful handout materials. Adult day care will be provided by At Your Home Family Care.

Reservations are required; call Sharp HealthCare at (800) 827-4277 or register online at [www.sharp.com](http://www.sharp.com).

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