



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

Nov. 4, 2005

Contact: Denise G. Nelesen (858) 505-6474

NOVEMBER IS NATIONAL FAMILY CAREGIVERS MONTH *Two Events Provide Tips, Support for People Who Help Their Loved Ones*

Tony and Michele Henkins are just beginning what might be a long, long journey. Tony's 86-year-old mother was diagnosed with Alzheimer's disease only three months ago.

Joe Butler's wife needs total care now and is losing her ability to walk. After 51 years together, Joe is looking at moving her out of their home and into a setting where she can get the extra assistance he can't provide.

Tony, Michele and Joe are "family caregivers," at different ends of a spectrum that ranges from providing occasional assistance to around-the-clock help. Family caregivers' emotions are woven into the actions they take to help someone they love.

The San Diego County Health and Human Services Agency's Aging & Independence Services is a partner in a countywide Caregiver Coalition that recognizes how important these caregivers are in our society and salutes them, marking National Family Caregivers Month with "Finding Balance in the Art of Caregiving," a conference providing practical tips and support for family caregivers. The conference will be offered twice in November.

The first conference will be held from 8:30 a.m. to 2:30 p.m. Tuesday, Nov. 8, at St. Bartholomew Church, 16275 Pomerado Rd., Poway. To register, call (858) 675-5599.

The second event will be held from 8:30 a.m. to 2:30 p.m. on Saturday, Nov. 19, at the Shadow Mountain Community Church, 2100 Greenfield Dr., El Cajon. To register, call (800) 827-4277.

(Interviews with local family caregivers are available throughout National Family Caregivers Month. Contact Denise Nelesen at (858) 505-6474 to set up an interview.)

###