

STATE OF WASHINGTON
DEPARTMENT OF SOCIAL AND HEALTH SERVICES
Aging and Disability Services Administration
PO BOX 45600, Olympia, WA 98504-5600

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TO: Newsletter Editors
Senior Program Coordinators
FROM: Lynne Korte, Program Manager
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SUBJECT: Caregiver Conference Announcement for Newsletters

Attached are several versions of an announcement regarding the "*Challenges in Caregiving: Giving Care, Taking Care*" conference to be held Monday, June 4, 2012 in Tukwila, Washington at the Tukwila Community Center. The conference is hosted by Aging and Disability Services Administration, Full Life Care and Pierce County Community Connections/Aging and Long Term Care along with the support of numerous community organizations. The target audience is community caregivers including:

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

As you know, family caregivers are often hard to reach, and many are in desperate need of the information offered at this annual conference. Please consider publishing the information in your **March/April** newsletters and announcements. Early notification is essential for caregivers to obtain registration materials before the early registration deadline, May 15th (early registrants get a lower rate). Choose whichever announcement version fits the style and space of your newsletter.

Your assistance in publicizing the conference is greatly appreciated. Please call if you have any questions or if you know of other ways to get the word out. On behalf of caregivers who will hear about this valuable opportunity because of your effort, thank you.

Challenges in Caregiving: Giving Care, Taking Care

Tukwila, Washington

June 4, 2012

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 4, 2012 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 4, 2012 at the Tukwila Community Center in Tukwila, Washington. The event is hosted by Aging and Disability Services Administration, Full Life Care and Pierce County Community Connections/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 (spouses, adult children, parents of adults with disabilities, or other relatives)
 - Home care workers and adult day services staff
 - Adult family home, boarding home or assisted living staff
 - Social service or mental health professionals who work with family caregivers

The Early Registration fee (by May 15) for individual caregivers is \$30. 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 4, 2012 Aging and Disability Services Administration, Full Life Care, and Pierce County Community Connections/Long Term Care, with the support of numerous community organizations, will again host 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.

Back by popular demand, Wendy Lustbader is our keynote speaker again this year. Wendy's insight and personal knowledge of caregiving issues inspires audiences wherever she speaks. She will also present workshops on drug and alcohol issues in caregiving, and on family dilemmas that resurface when caring for a family member.

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 incontinence in the home
Importance of humor in difficult situations
What you need to know before a hospitalization
Understanding grief and loss, the ongoing process
Legal and Financial Planning
Back injury prevention
Current ideas for making a healthy diet easier to plan and stick to

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 in-home caregivers, people who provide personal care or assist another person with health care. Caregivers who will benefit from the conference are:

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

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