



*Attend this free conference for tips and advice to help you better care for your loved one and yourself.*

*"We feel very blessed to have these programs to help us through the day-to-day life of being a caregiver."*

## ARE YOU A CAREGIVER? YOU ARE NOT ALONE!

Caregiving for a loved one can be hard work. Whether you need tips to balance your personal life and caregiving role or community resources to ease your journey, our "Caring for the Caregiver" conference can help.

Enjoy a complimentary breakfast and lunch, hear from professional speakers and bond with fellow caregivers. You'll leave with connections and information to help you better care for your loved one and yourself.

Presentations will cover topics such as:

- Healthy Aging
- Technology and the Caregiver
- Legal Aspects of Long Term Care Planning
- What to Look for in an Assisted Living Facility (ALF), Long Term Care (LTC)
- Understanding the Complex Disorder of Hoarding
- Caregivers Connect: Roundtable Discussions

### FRIDAY, JUNE 19, 2015

#### **Caring for the Caregiver**

Schultz Center for Teaching & Leadership  
4019 Boulevard Center Drive  
Jacksonville, FL 32207

**Registration at 8:30 a.m.**

**Program 9 a.m. – 2 p.m.**

Registration is free. To register, call **904.407.6790** or visit <http://goo.gl/yKYB0I>. To request complimentary respite care for your loved one, call Aging True Community Senior Services at **904.807.1318** by Thursday, June 11.

Presented by:



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Changing Health Care for Good.

#### Caregiver Coalition Partners

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Baptist AgeWell Center for Senior Health  
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Taylor Residences  
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