



Family Caregiver Support Program
Area Agency on Aging
3702 Loop 322
Abilene, TX 79602

National Family Caregivers Month November 2009

"National Family Caregivers Month (NFC Month) – observed every November – is a nationally recognized month that seeks to draw attention to the many challenges facing family caregivers and raise awareness about community programs that support family caregivers. NFC Month is a time to thank, support, educate, and celebrate more than 50 million family caregivers across the country."

National Family Caregivers Association



TAKING CARE OF YOU TOO!

5TH ANNUAL FAMILY CAREGIVER CONFERENCE
NOVEMBER 09, 2009

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TAKING CARE OF YOU TOO!

5TH ANNUAL FAMILY CAREGIVER CONFERENCE

MONDAY NOVEMBER 9, 2009

9:00 A.M. — 2:30 P.M.

ABILENE CIVIC CENTER 1100 NORTH 6TH ST ABILENE, TX 79601

HOSTED BY 
of West Central Texas

and funded in part by the Texas Department of
Aging and Disability Services



The Presenter:

A noted speaker, writer and publisher on caregiving issues since 1995, Gary Barg is Founder and Editor-In-Chief of the first national magazine

for caregivers, Today's Caregiver, as well the original online caregiver community, caregiver.com. Today's Caregiver magazine and caregiver.com combine information, advice and reader's stories with celebrity interviews such as Cokie Roberts, Barbara Eden, Dana Reeve, Fran Drescher, Assistant Secretary Josefina Carbonell and Robert Urich, among others.

Gary is also author of *The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own*, a book filled with practical advice, poetry and inspirational stories. His awards include, the Mature Media Award for writing, International Television Association's Golden Reel and The Southern Gerontological Society Media Award.

Gary serves as a Member of the Board of Trustees, National Adult Day Services Association and a Member of the Board, American Association for Caregiver Education.

Motivating, enthusiastic, empathetic, timely and inspirational, Gary Barg helps caregivers learn how to receive the best the healthcare system has to offer and that caring for themselves is Job One for any caregiver.

The Presentation:

Gary will teach attendees how to become a respected member of their loved ones care team, utilizing tools such as journaling, respite and the Reverse Gift List and learning to create a personal family care team.

Expert Question and Answer Panel:

A panel of caregiving experts that will answer audience questions and offer advice of their own on topics such as respite options, financial and legal issues, grandparent caregiving, depression, stress management, and adult day services.



TAKING CARE OF YOU TOO!

FAMILY CAREGIVER CONFERENCE

An event designed to honor family caregivers with support, recognition, and encouragement.

Taking time for yourself is not an easy thing to do when you're busy caring for another, but it is essential for every family caregiver! Join us for a day of sharing wisdom as we celebrate the role of the family caregiver and help renew your caregiving spirit.

Schedule includes:

- opportunities to browse community resource exhibits
- multiple chances to win door prizes
- local expert question & answer panel
- "The Fearless Caregiver" training featuring Gary Barg
- free admission -- lunch provided!
- continuing education units (3.5) or certificate of attendance

If
you are caring for a
family member age 60 or over
or
If you are age 55 or over and raising
grandchildren age 18 or younger
**Respite assistance
is available to those who register
prior to Nov. 2nd**
Call 325.672.8544 or
1.800.928.2262
for details

Registration Form

TAKING CARE OF YOU TOO! 2009

Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone / Email _____

Are You a Family Caregiver?

___yes ___no

Name & age of person you care for _____

Relationship _____

Do you need respite assistance to attend?

___yes ___no

Continuing Education Units:

___ Social Work ___ LSW ___ LPC MFT

or

___ Certificate of Attendance

Clip and mail or fax to 325/793-8485

Questions? Call Cay or Kim at 325/672-8544
email: ccollins@wctcog.org