

Caregivers: This Day Is For You!



Although there is no charge for this Workshop & Resource Day, **registration is required.**

To register please call:

(716) 858-2177

or e-mail

caregiver@erie.gov

Lunch and adult respite care will be provided at no charge.

~ **Keynote Speaker:**

Dr. Kenneth Garbarino

~ Visit resource tables with local vendors

November 14, 2009

8:30 AM — 3:00 PM

**Millennium Airport Hotel
2040 Walden Avenue
Cheektowaga**

Workshop topics include:

- Stressed? Frustrated? Overwhelmed? Learn to be Your Best!
- "Elder" Proofing Your Home
- Who's Helping the Family Caregiver?
- Dealing With Challenging Behaviors
- An Attorney Talks with Caregivers
- Chi for You, Two, or more!
- Coping with Personal Care Issues
- Home Activities for Loved Ones With Dementia
- Laughter: The New Stress Buster!
- Depression: What Caregivers Need to Know
- How to Manage your Loved One's Health Care
- Accessing Veteran's Benefits

Hosted by: Erie County Caregiver Coalition and

Kaleida Health Geriatric Ambulatory Program