

Caregivers: This Day Is For You!



November 1, 2008

8:30 AM — 3:00 PM

Millennium Airport Hotel
2040 Walden Avenue
Cheektowaga

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.

Workshop topics include:

- Stressed? Frustrated? Overwhelmed? Let's Talk!
- "Elder" Proofing Your Home
- Classic Caregiver Concerns & What To Do
- Dealing With Challenging Behaviors
- An Attorney Talks with Caregivers
- Sexuality & Intimacy in Dementia Care
- Coping with Personal Care Issues
- Home Activities for Loved Ones With Dementia
- Laughter: The New Stress Buster!
- Depression: What Caregivers Need to Know
- Keynote Speaker: Dr. Kenneth Garbarino
- Resource Tables with Local Vendors

Hosted by: Erie County Caregiver Coalition and

Kaleida Health Geriatric Ambulatory Program