

Are you providing care for a family member or friend who is a Veteran? Would you like to know what the VA can do to support you and your loved one?

Join other family caregivers at this free educational event.

CAREGIVER COALITION

*Improving the Quality of Life for Caregivers,
their Families and the Community.*

www.caregivercoalitionsd.org

THE CAREGIVER COALITION OF SAN DIEGO AND
THE VA SAN DIEGO HEALTHCARE SYSTEM PRESENT:

FINDING THE BALANCE IN CAREGIVING



**Thursday, November 10, 2011
8:30am to 2:30pm**

**VA San Diego HealthCare System
Multi-purpose Room
3350 La Jolla Village Dr.
San Diego, CA 92161**

**Register at
www.sharp.com/hospice
or call (800) 827-4277**

**Free On-Site Care Provided by
Always Best Senior Care Services**

**Continental Breakfast and Lunch
will be provided**

**Educational Presentations, Giveaways and
Resource Booths**

Brought to you by:



www.CaregiverCoalitionSD.org



The Caregiver Coalition of San Diego Presents:

“FINDING THE BALANCE IN CAREGIVING”

Thursday, November 10, 2011

8:30am-2:30pm

8:30-9:00

Registration & Resource Fair

Please take the opportunity to visit our resource tables!

9:00-9:15

Welcome/Introduction of Exhibitors

9:15-10:00

Caring for Yourself as a Caregiver

Alejandra Ceja-Aguilar, Southern Caregiver Resource Center

10:00-10:45

Long-Term Care Options

Bill Mathis, Always Best Care Senior Services

10:45-11:00

Break

11:00-11:45

Advance Care Planning and End-of-Life Options

John Tastad, Sharp Hospice Care

Jennifer Marsh, The Elizabeth Hospice

11:45-12:15

Lunch

Provided by Ability Center

12:15-1:00

Home Safety and Fall Prevention

Joanne Price, Alert San Diego

1:00-1:45

Legal Issues in Caregiving

Heidi Klippel Esq, Attorney at Law

1:45-2:00

Closing Remarks

2:05-2:30

Resource Fair

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Special Thanks to Our Sponsors

Ability Center, Aging and Independence Services, Alert San Diego, Always Best Care Senior Services, Elderhelp, San Diego Elder Law, Sharp HospiceCare, Southern Caregiver Resource Center, Starfish Resources, The Elizabeth Hospice, The Law Offices of Heidi Klippel and Veterans Administration San Diego

**For information on upcoming events and services provided through the Caregiver Coalition, Please visit our website at:
www.CaregiverCoalitionSD.org**