

Are you providing care for a family member or friend?
Are you concerned for the well being of a parent?

Join other family caregivers at this **FREE** event



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

www.caregivercoalitionsd.org

3 P's of Caregiving: Purpose, Preparedness, Providers for the Sandwich Generation



Caregiver Conference
Saturday, August 18, 2018
9:00 a.m. - 1:00 p.m.

St. Paul's Plaza
Mathes Community Center
1420 East Palomar Street
Chula Vista, CA 91913

Free onsite respite care
for your loved one provided by
At Your Home Familycare

To Register call
1-800-827-4277 or go to
www.sharp.com/classes

Free Lunch Provided by



Free Parking in any of the unmarked spaces or
across the street at the Sharp Rees-Stealy parking
lot. Enter the Plaza lobby at the stone arch.

www.CaregiverCoalitionSD.org



LIVE WELL
SAN DIEGO



The Caregiver Coalition of San Diego Presents:



LIVE WELL
SAN DIEGO

3 P's of Caregiving

Resource Booths, Giveaways, Great Educational Programs

- 9:00 - 9:30 **Registration & Resource Fair**
- 9:30 - 9:45 **Welcome and Introductions**
- 9:45 - 10:30 **Juggling the Emotional Aspects of Caregiving**
Maricela Gomez, Southern Caregiver Resource Center
- 10:30 - 11:00 **Preparing a Safe Home: Fall Prevention and Safety Tips**
Cindy Sawyer, Southwest Lifeline
- 11:00 - 11:15 **Break, Resource Fair**
- 11:15 - 11:45 **Understanding the Various Care Options**
Dana Girard, ElderHelp
- 11:45 - 12:15 **Lunch & Resource Fair**
- 12:15 - 12:45 **Essential Documents and How to Pay for Care**
Scott Stewart, Esq., California Estate and Elder Law
- 12:45 - 1:00 **Closing, Resource Fair**

A Very Special Thanks to Our Sponsors

*Aging & Independence Services, Always Best Care Senior Services, At Your Home Familycare
Beyond the Sky Solutions, CA Telephone Access Program, California Estate & Elder Law,
ClearCaptions, ElderHelp, Legal Aid/CCHEA, NAMI San Diego, San Diego Funeral
Service, San Diego Union Tribune, Sharp HospiceCare, Smaart House,
Southern Caregiver Resource Center, Southwest Lifeline, St. Paul's Plaza*

**For information on other events provided by Caregiver Coalition of San Diego,
please visit our website at: www.CaregiverCoalitionSD.org
Or email infosdcaregivercoalition@gmail.com**