

Know it before you need it...

Family Caregiving 2012: Caring for Families in the Great Recession

*Doris cares for her husband
Tom cares for his mother
Sally and Ed care for their disabled child
Andrew cares for his aunt and uncle
Carolyn cares for her sister*

Join in a free discussion to explore:

- ✓ **How can you handle caregiving?**
- ✓ **What will caregiving look like for you?**
- ✓ **Who will care for you?**
- ✓ **What needs will you face as a caregiver?**
- ✓ **What resources are available in Pierce County?**

Jan 9 – 12:10 – 12:50 p.m.

Pierce County Annex – Main Conf Rm
2401 S. 35th Street, Tacoma

Jan 9 – 7:00 – 8:00 p.m.

Sound Vista Village
6633 McDonald Ave, Gig Harbor

Jan 11 – 12:10 – 12:50 p.m.

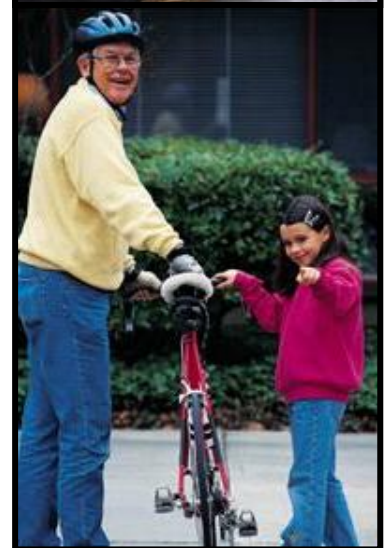
County-City Bldg – Rainier Conf Rm – 7th Floor
930 S. Tacoma Ave., Tacoma

Jan 11 – 7:00 – 8:00 p.m.

Parkland/Spanaway Library Conf Rm
13718 Pacific Ave. S., Tacoma

Jan 14 – 10:30 – 11:30 a.m.

Sumner Library Conference Room
1116 Fryar Ave, Sumner



Sponsored by:



For more information call (253) 798-4600



Skills and Resources Help Family Caregivers

Family caregivers are the backbone of the American health care system. Twenty-five percent of all households are involved as family caregivers; that's 1 in 4 families. Caregiving is a rigorous responsibility. Burn out and becoming overwhelmed are primary risks. Key individual skills and community resources can help caregivers keep their health, maintain their balance and sustain their work.

“Family Caregiving 2012” is an informal discussion about family caregiving and the resources, tools and skills that can help caregivers over the long term. The discussion will explore ways families construct caregiving responsibilities, how to handle the caregiver duties, the challenges most caregivers face and the resources available in Pierce County.

“Family caregivers do amazing work,” said Aaron Van Valkenburg, Manager of Pierce County Aging and Disability Resources. “People suffer chronic illnesses, have various disabilities and deal with long term conditions. Parents, spouses, children and other relatives step in to form an incredible web of support for their loved ones. It is essential that those caregivers remain healthy and stable so they can continue their work.”

“Family Caregiving 2012” is an information-only event. It is free and open to the public and will be presented by staff of Pierce County Community Connections and the partners of the Aging and Disability Resource Center. The workshop will be repeated five times:

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For more information, call the Pierce County Aging & Disability Resource Center at (253) 798-4600 or (800) 562-0332.

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