



*Do you help an older parent, spouse or relative?
Do you need information, assistance, & support?*



Caregiver Seminar

Saturday, November 12, 2011
9:00 a.m. -12:00 noon

Free to the Public
Refreshments will be served

This seminar is designed to support caregivers who are helping older adults and people with disabilities

- **Caring for the Caregiver** - Recognize signs and symptoms of burnout; learn skills and new strategies to manage caregiving on a daily basis – Jean Porter
- **Housing & Independence** – Use supports to keep older adults and people with disabilities living at home independently; know different types of housing options including retirement centers, assisted living, skilled care and hospice – Pat Peiser

Lancaster Senior Center
240 Veterans Memorial Parkway
Lancaster , Texas 75134,

Call 972 218-3783 to register

This program is for you if you are a spouse, daughter, son, relative or friend who helps an older adult person with a disability with physical care, emotional support, daily activities, doctor visits, shopping, & legal or financial matters.

Co-Sponsored by

Funded in part by Department of Aging & Disability Services (DADS) through Dallas Area Agency on Aging

