

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](http://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](http://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](http://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](http://www.CaregiverCoalitionSD.org)  
Or email [infosdcaregivercoalition@gmail.com](mailto:infosdcaregivercoalition@gmail.com)**