



# PREPARE TO CARE:

## Getting Your Ducks in a Row

### 29th Annual Caregivers Conference

Wednesday, November 11, 2015

8:00 am to 3:30 pm

#### Korean Central Presbyterian Church

15451 Lee Highway, Centreville, VA 20121

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The 29th Annual Caregiver Conference "Prepare to Care: Getting Your Ducks in a Row" explores the many dimensions of caregiving. This conference will provide valuable information on ways to help your loved one and yourself along the caregiving journey. Get practical information, advice and support for caring for your loved ones. If you've attended the conference in the past, you know what an educational and inspirational day you'll have. And if you've never been to the Caregiver's Conference, please come join us — you'll be glad you came!

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**\$30 conference fee includes continental breakfast, lunch, and conference materials.**

**Register online today:**  
<https://nvdcc2015.eventbrite.com>

#### Speaker Presentations

##### What Can I Do to Prevent Alzheimer's Disease?

Dr. R. Scott Turner

Preparing to Be a Caregiver, Major General Antonio M. Taguba

Making Caregiving Manageable: Legal and Financial Planning, Sally Balch Hurme, J.D.

From Chaos to Calm: Identifying and Dealing with Caregiver Feelings, Jennifer Fitzpatrick, MSW, LCSW-C

Understanding Medicare, William Vaughan

Making the Most of Life When Things Go "Afowl," Ron Culberson, MSW, CSP, CPAE

#### Who Should Attend

- Family caregivers
- Volunteers working with older adults
- Professionals in aging and related services

#### Why Attend

- Have a chance to talk with other caregivers
- Learn practical tips on how to respond to behavioral issues
- Visit with exhibitors who offer supportive services
- Earn Continuing Education Units (CEUs) from George Mason University

#### Need Respite?

Do you need someone to care for your loved one so you can attend the conference? Limited free in-home respite care for persons with dementia, living in Northern Virginia only, will be provided by GraceFul Care. For more information about respite, call (703)904-3994 no later than October 19.



NORTHERN VIRGINIA  
**dementia care**  
consortium