

Keys to Successful Caregiving: *Understanding Difficult Behaviors & Personal Wellness*

1:00 - 4:00 PM, Thursday, June 18, 2009

The Arboretum (Between Hendersonville & Asheville off of I-26)

Today's caregivers too often neglect their own health needs while struggling with their loved ones' unpredictable behaviors such as refusing care, wandering, or withdrawing. Each caregiver who attends this workshop will leave with a personal wellness plan and strategies for reducing or eliminating difficult behaviors.

Give yourself and those you care for the gift of a healthier you.

Ruth Price, MT-BC, has coordinated Park Ridge Hospital's HOPE Caregiver Wellness Program since 1996. She has presented at local, state, and national conferences on issues affecting older adults since 1987.

"Gave us wisdom and laughter." "Loved her sharing personal experiences which made me realize that my experiences are not unique." Caregiver comments

12:45 pm Registration - There is no charge. This program is for friends or family members who are caring for older adults.

If possible, pre-register at 682-2459 or 681-2203 or email ruth@ruthprice.com.



Home Health Services



Land-of-Sky Regional Council's Family Caregiver Support Program



Treatment and Support for Families Affected by Alzheimer's and other Memory Disorders

Major Sponsors Are:

The HOPE Caregiver Wellness Program meets the 3rd Tuesday of every month - February through November from 5:30 PM - 7:30 PM in the Duke room at Park Ridge Hospital in Fletcher, NC. For more information, go to caregiverwellness.org or call **682-2459** or **681-2203**

Park Ridge Home Health Services are available 24 hours per day, seven days per week. For more information, call 828-687-5261.

The Family Caregiver Support Program provides information about resources to help families in their caregiver roles. For more information, call (828) 251-6622 or 1-800-727-0557. The program is funded by federal (Older Americans Act) and state funds. http://landofsky.org/aging/a_family.html

MemoryCare™ is a non-profit charitable corporation established to meet the rapidly growing need for appropriate assessment, treatment, and support for memory-impaired individuals and their families. www.memorycare.org or (828) 771-2219

Go to caregiverwellness.org for more information.