

Striking a BALANCE

14th Annual Caregiver Conference

Come discover local caregiver resources, learn new skills,
and connect with other caregivers & local experts on aging.

Free for Family
Caregivers!

Saturday, September 26, 2015

8:30 AM to 2:00 PM

Norris Conference Center
(2525 W. Anderson Ln., Austin 78757)

Sign up today! Space is limited, and registration is required.

Register online: www.tinyurl.com/caregiver2015

For assistance in registering, call **(512) 916-6182**

Doors open at 8:30 AM | Lunch will be provided.

Free off-site respite care for older adults will be available **by reservation only** at AGE's Austin Adult Day Health Center (3710 Cedar St., Austin 78705).
To request respite, call Gailyn Trammell at (512) 600-9275 by Sept. 16th.

Register with your
Smart Device



Keynote Speaker: Sara Honn Qualls, Ph.D.

"How Do You Know When It Is Time for Change?"

Nationally-acclaimed speaker and author, Dr. Sara Honn Qualls, knows that caregivers witness significant transitions in the health and abilities of their loved ones and struggle with making care decisions. She will describe how caregiving changes over time, teach when and how to implement changes, and offer practical options for common dilemmas encountered by family caregivers.



*AGE of Central Texas and
the Area Agency on Aging
of the Capital Area (AAACAP)
are proud partners in presenting
this free annual conference
for family caregivers.*

