

Caregiver Advocacy Program

Practical educational sessions providing necessary tools & resources to be excellent caregivers

CAUTION: CAREGIVING CAN BE HAZARDOUS TO YOUR HEALTH

Caregiver Stress, emotional, mental and physical, can negatively affect one's ability to provide care.

Speaker: Pat DeAngelis, RN

Presently teaching Family Caregiver courses, and participating in Home Geriatric Case Management for the Aging Services of Health First Hospital Corporation in partnership with IndeQuest Nurse Case Management.

Topics related to caregiver stress she will be covering are:

<i>Depression</i>	<i>Anxiety/Worry</i>	
<i>Resentment</i>	<i>Defensiveness</i>	
<i>Anger/Frustration</i>	<i>Grief/Loss</i>	<i>Guilt</i>

When: October 14, 2014

Where: 210 N Grove Street, Merritt Island, FL 32953

Time: 10:30am - 12:00pm



The *Caregiver Advocacy Program* is comprised of educational sessions, an open support group forum and many resources that will empower and improve caregiving.

2nd Tuesday each Month

321-474-8289

Caregivers are encouraged to bring their loved one along, as they can participate in Heydays' activities while the caregiver attends the meetings.