

WILSON CARE GROUP AND AARP HAWAII PRESENT

# Family Caregiver Conference

Saturday, October 4, 2014 from 8:00 a.m. to 12:30 p.m.

Japanese Cultural Center • 2454 S. Beretania Street, Honolulu

Register: <http://aarp.cvent.com/oahucare> or 1-877-926-8300

A FREE half day multi-track conference. Get help assisting your loved one with living at home or planning for your own aging needs. Learn how to take better care of yourself while providing care.

FEATURING:

## Keynote "Caregivers R Us," Presented by Russell Nanod and Caregiver Panel

Russell Nanod, Eugene Kaneshiro and Tracey Wiltgen are family caregivers who took care of their aging parents while working full time. Learn how these caregivers juggled work, family, and caring for themselves. Most of us will give care or need care at some point in our lives. Find out about the care challenges facing Hawaii's families in the face of growing needs and shrinking resources and some of the proposed policy solutions.



Choose three of these session topics! (full details on web registration page):

- Medicaid Long-term Care
- Legal Issues - Wills, Trusts, Estates
- Long-term Care Insurance – How to Choose a Plan
- Family Dynamics and Communication
- Tips for Hiring and Working with Professionals
- Services and Transportation to Help People Live at Home
- Myth Busters – Diet and Nutrition
- Activities to Help Speech and Movement
- Getting Your Documents in Order
- Improving the Quality of Life at Home
- Coping with Challenging Behaviors in Dementia
- Caregiver to Caregiver Rap Session

**RESOURCE  
FAIR**  
of non-profit and  
Governmental service  
providers opens  
at 7:30 a.m.!

See our full agenda and register online at <http://aarp.cvent.com/oahucare>  
Light refreshments provided. Parking \$5. Overflow parking at Varsity Theater.

