

# Caring for Our Aging Parents

*An evening for adult children who care for their parents*

**TUESDAY, JULY 31, 2018**

**5:00 - 6:00 pm Lets Get Connected!  
Resource Fair (Open to all!)**

**6:00 - 7:30pm Program  
(Registration required)**

San Leandro Library, Dave Karp Room  
300 Estudillo Ave., San Leandro

**FREE**



As our aging population grows, the added responsibility for adult children grows. Many families often find themselves being challenged by caring not only for their parents, but for their own families as well. These challenges bring about a host of decisions and need for assistance for their parents as they maintain their independence. Finding information and resources that work best for a family's situation can often times feel like caregivers are walking in the dark.

Join us for an evening of illumination – by the end of the evening you'll be better educated about how to keep parents safe, have a better understanding about what programs and services are offered in Alameda County, housing options, senior in-home support and more!

## **Program Agenda**

### **Activities to Help Your Parent Remain Independent & Safe**

Lara Calvert, Executive Director, Spectrum Community Services

### **Adult Day Programs & Available Community Resources for Seniors & Care Partners**

Jane Hanson, MSW, Family Caregiver Support Program Coordinator, Daybreak Adult Care Centers

### **Everything You Wanted to Know About Housing & Care Options**

Caryn Doherty, LCSW, Director of Care Management, Senior Alternatives Home Care & Care Management

**Seating for the program is limited. Call (510) 538-2035 to register**

Eden Health District is a not-for-profit agency originally established in 1948 by the residents of Castro Valley, Hayward, San Leandro and San Lorenzo. The District not only invests its resources in providing grants to local non-profit organizations, enabling them to provide much-needed health care services to those in need, but provides free community education programs such as this program to improve the health of the communities they serve.

Partners in Health

Daybreak Adult Care Centers • Senior Alternatives Home Care & Care Management • Spectrum Community Services