

# Calm. Confident. Connected.



## 4<sup>TH</sup> ANNUAL FAMILY CAREGIVER CONFERENCE

Saturday  
January 31, 2015  
8:30 a.m. to 4:30 p.m.  
Boise State University  
Student Union Bldg.



This is a day all about **YOU**...the family caregiver. Learn from inspiring speakers and build **YOUR** toolbox of caregiving strategies and knowledge. Connect with community resources and learn from other caregivers.



**BOISE STATE UNIVERSITY**  
CENTER FOR THE STUDY OF AGING

Cost: \$30/person includes: Conference,  
Community Resource Expo, Lunch & Parking  
**Limited scholarships available!**

**Registration is required by January 28.**

To register, go to [www.fiaboise.org](http://www.fiaboise.org) or call *Friends in Action* at 333-1363.

Many thanks to our Presenting Sponsor:

And to our Major Sponsors:



Friends in Action, a program of Mountain States Group Inc. is a non-profit dedicated to supporting family caregivers.

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**Agenda:**

- 8:30 – 9:30 am**      **Registration, Coffee, Resource Expo**
- 9:30 – 12:00 pm**      **Welcoming, Breakout sessions, and Resource Expo**  
**Breakout sessions:**  
\*Find the Right Information at the Right Time  
\*Pharmacy Overload: Making the initial steps to organizing your medications at home  
\*Proactive Planning  
\*Caregiver Burnout: What it is - How to know if it's happening to you - How to deal with it
- 12:00 - 1:00 pm**      **Lunch and Resource Expo**
- 1:00 - 3:15 pm**      **Breakout sessions continue, Resource Expo**
- 3:15 - 4:00 pm**      **Final Convening Session: Don't Be Afraid to Try Cabbage— A New Perspective on Managing the Fears and Stressors of Caregiving**
- 4:00 – 4:15 pm**      **Closing remarks**



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