

# Striking a BALANCE

Free for Family  
Caregivers!

## 19th Annual Caregiver Conference

*Discover local caregiver resources, learn new skills, and connect with local experts on aging!*

### Free Online: August 17 - 20, 2020

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

**Register online: [www.TinyURL.com/SABconf2020](http://www.TinyURL.com/SABconf2020)**

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



Register with your  
Smart Device



#### Monday, August 17th:

- 10:00 – 11:30 am: “Avoiding Caregiving Burnout During COVID-19” with Faith Unger, M. Ed., and Lori Hill, CaregiverU caregiver education and training program
- 1:00 – 2:30 pm: “Caregiving 101” with Patience Buchanan, Accountable Aging Care Management Austin

#### Tuesday, August 18th:

- 10:00 – 11:30 am: “Financial Planning for Caregivers” with elder law and estate planning attorney Virginia Sampson
- 1:00 – 2:30 pm: “Long-Distance Caregiving” with Amy Goyer, AARP’s national family& caregiving expert

#### Wednesday, August 19th:

Keynote Presentations by author, national speaker, and caregiving expert Marty Richards

- 10:00 – 11:30 am: “Keeping Hope and Heart Alive in Sharing Care”
- 1:00 – 2:30 pm: “What’s Next After My Caregiver Journey Ends?”



#### Thursday, August 20th:

- 10:00 – 11:30 am: “Activities for Caregivers to Keep Older Family Members Engaged” with Naomi Dalbso, AGE Thrive Center Activity Director, and Nicole Stackpole, LPC, R-DMT, Memory Connections Program Associate
- 1:00 – 2:30 pm: “Caregiving for a Family Member in a Long-Term Care Community” with Lisa Daly, Family Eldercare



**AGE of  
Central Texas**

“Tackling the challenges of  
aging with expert solutions”

[www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)

*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.*

