

THE CAREGIVER CONFERENCE

is designed to help you live life to the fullest by addressing the eight dimensions of wellness: physical, occupational, financial, intellectual, emotional, social, spiritual, and environmental.

Keiro is a mission-driven organization engaged in improving the quality of life for older adults and their caregivers in the Japanese communities of Los Angeles, Orange, and Ventura counties.

For more information and resources:

keiro.org

Stay connected with Keiro:



Keiro is expanding our reach to broadly engage and support older adults, wherever they call home, and their caregivers in the Japanese communities of Los Angeles, Orange and Ventura counties. Keiro delivers a wide range of resources to address the challenges and barriers that aging presents: isolation, limited financial resources, complex health conditions, and cognitive and memory disabilities. Keiro also partners with companies and organizations that can expand its services and ability to reach seniors and caregivers, and participate in research and innovation work where Keiro can contribute to advancing progress in resolving the challenges of aging. Keiro is based in Los Angeles.

BREAKOUT SESSIONS:

Caregiver Panel: Long-Distance Caregiving

A

Caregiving is challenging, and even more so when it's long-distance. Listen to real family caregivers as they share their own journeys of providing care for someone living far away from them. Also learn a unique way to help families in Japan through NALC.

PANELISTS: Joanne Sato, Family Caregiver

Yoshiko Willhite, President, NALC USA

Managing Caregiver Stress

B

Caregiving can cause physical and mental stress. Learn how to recognize the signs of stress and how to manage them, so that you can continue to care for your loved one.

SPEAKER: Akiko Takeda, LMFT, Little Tokyo Service Center

Red Flags that an Older Adult Needs Help

C

Being a caregiver means advocating for your loved one's needs. Know what kind of care your loved one needs by learning red flag symptoms and behaviors.

SPEAKER: Marsha Meyer, PharmD., BCGP

Director, Health & Wellness Services, Independence at Home



CAREGIVER CONFERENCE

Saturday, October 28, 2017

Gardena Valley Japanese Cultural Institute

Keiro 



CAREGIVER CONFERENCE

It's a personal journey...

Co-Presented by Keiro and Gardena Valley Japanese Cultural Institute

Caring for a loved one can be physically and emotionally challenging. Knowing what to do, what to expect, and on whom to depend may help lighten the load. Join us for this **FREE** conference featuring speakers, tools, and practical resources with compassion for current and future caregivers.

WHEN: **Saturday, October 28, 2017**

WHERE: **Gardena Valley Japanese Cultural Institute**
1964 W. 162nd St., Gardena, CA 90247

SCHEDULE:

12:00 p.m.	Registration & Hosted Lunch
12:30 - 3:10 p.m.	Keynote Presentations & Breakout Sessions
3:10 - 4:30 p.m.	Resource Fair
	Ask the Expert (Complimentary consultations with attorneys, pharmacists, and/or social workers by appointment only)
	FREE Health Screenings by SCAN Independence At Home

KEYNOTE PRESENTATIONS:

Taking Care of SoMEone Else: Caregiving 101

Caregiving can be overwhelming with demands and tasks to ensure your loved one's health and safety. This presentation will give you the necessary tools and resources as you go through the journey of caregiving.

SPEAKER: Christina Irving, LCSW

Family Consultant, Family Caregiver Alliance, National Center on Aging

Caring for Our Community: A New Keiro-Providence Partnership

Caregiving involves meeting the needs of an individual and their caregivers at many levels - physical, emotional, psychological, social, and spiritual. The new Keiro-Providence partnership will help meet those needs for both individuals and their caregivers in a novel program.

SPEAKER: Glen Komatsu, MD

Regional CMO Palliative Care; CMO Providence TrinityCare Hospice; Medical Director, TrinityKids Care; Director, Doak Center for Palliative Care, Providence Health & Services Southern California



FREE EVENT

- Hosted Bento Lunch



- Health Screenings by



- Complimentary consultations with estate planning attorneys, pharmacists and/or social workers (available by appointment only)

This program is FREE to the community and is made possible in part through our event sponsors and Keiro, along with support from Keiro's community partners, donors, and volunteers.

Please cut off and return.



REGISTRATION FORM:

Space is limited and reservations are required. Please register by one of the following methods:

Register online at keiro.org/caregiver-conference/

Email bikemura@keiro.org with the subject "Conference Registration" and include your name, phone number, mailing address, breakout session choices (first and second), and indicate if you would like consultations from an attorney, pharmacist, or social worker.

Call 213.873.5708

Mail this form to:

Keiro
Attn: Caregiver Conference
420 E. 3rd Street, Suite 1000
Los Angeles, CA 90013

I would like a free consultation with a(n):

Attorney Pharmacist Social Worker

Keiro staff will contact you to make an appointment.

Breakout Sessions (choose one for each choice):

(1st Choice) A B C

(2nd Choice) A B C

Mr. Ms. Mrs. Name: _____

Address: _____

E-mail Address: _____

Phone: _____

Please note that the event will be filmed and/or photographed. By registering, you agree that we may use your likeness to promote Keiro and its events and services.

