Presented by Keiro 🐲

Caregiver 🐼 Conference

Discovering Your Inner Caregiver

Saturday, March 18, 2023 10:00 a.m. – 2:00 p.m. Wintersburg Presbyterian Church 2000 N Fairview Street, Santa Ana, CA 92706

For over 20 years, Keiro has hosted this event to support thousands of Japanese American older adults and caregivers to provide practical resource and information. The conference will cover three key traits for successful caregiving: communication, compassion, and creativity.

Conference Schedule

9:30 a.m.	-	Registration
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- 10:00 a.m. Keynote Presentation
- 11:00 a.m. Breakout Session #1
- 12:00 p.m. Breakout Session #2
- 1:00 p.m. Hosted Bento Lunch and Resource Fair
- 2:00 p.m. End of Conference

Registration

Register for FREE by scanning the QR code or by visiting <u>keiro.org/caregiver-conference</u>. Registration is required. Capacity will be limited, and on a first-come, first-served basis.

Early Bird Registration Deadline: Tuesday, January 31, 2023 **Registration Deadline:** Friday, February 24, 2023

The Caregiver Conference is FREE to the community and is made possible by Keiro along with support from The Aratani Foundation, our community partners, sponsors, donors, and volunteers.

Following the keynote presentation, registrants will attend two of the three available breakout sessions. We will try our best to accommodate your preferences, but we cannot guarantee your selections.

Keynote Presentation

The Top Things I Wish I Knew Before Caregiving

Breakout Sessions

- A: Caregiving in Action
- B: How to Communicate as a Caregiver
- C: Practicing Compassion and Patience



Founded in 1961, Keiro improves the quality of life for older adults and their caregivers in the Japanese American community of Los Angeles, Orange, and Ventura counties. Visit <u>keiro.org</u> for more information.