

Keiro presents

# Caregiver Conference

For over 20 years, Keiro has offered Caregiver Conferences to support thousands of Japanese American and Japanese older adults and their caregivers to equip them with practical knowledge to enhance the quality of care their loved ones receive. The 2022 Caregiver Conference will be held virtually through a series of three presentations.

## Session Schedule

- ▶ **Session #1: Understanding Long-Term Care**  
*Presented by Karl Kim, CFP, Certification in Long-Term Care (CLTC)*  
Tuesday, March 8 | 6:00 – 7:30 p.m. PST
- ▶ **Session #2: Navigating Challenging Conversations**  
*Presented by Kanako Fukuyama, MSW & Andrea Strouth, MSW*  
Wednesday, March 16 | 6:00 – 7:30 p.m. PDT
- ▶ **Session #3: Stress Management for Caregivers**  
*Presented by Nancy Clifton-Hawkins, MPH, MCHES*  
Saturday, March 26 | 10:00 – 11:30 a.m. PDT

## Registration

Register for FREE by scanning the QR code or by visiting [keiro.org/caregiver-conference](https://keiro.org/caregiver-conference).

Complimentary mailed Caregiver Care Packages will be available on a first-come, first-served basis. Pre-registration is required and closes **Monday, February 28, 2022** (while supplies last).

Registration for conference webinars closes **Monday, March 7, 2022**.

Scan Here  
to Register:



MORE INFORMATION →

## Session Details

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### Understanding Long-Term Care

*Presented by Karl Kim, CFP, Certification in Long-Term Care (CLTC)*

The world of long-term care can be confusing to navigate unless you have a counselor to walk you through it. Karl will provide an overview of the cost of long-term care as well as payment methods (Medicare, Medi-Cal, private pay, and other options) in order to assist people in preparing financially for future care costs.

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### Navigating Challenging Conversations

*Presented by Kanako Fukuyama, MSW & Andrea Strouth, MSW*

Conversations related to health care preferences and caregiving preparation can be challenging subjects to navigate. However, knowing the wishes of a loved one and having proper documentation in place can be beneficial as caregivers consider advance care planning. Understanding that these conversations within Our Community may not be easy to bring up, Kanako and Andrea will discuss strategies to navigate these challenging, and possibly daunting conversations with loved ones.

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### Stress Management for Caregivers

*Presented by Nancy Clifton-Hawkins, MPH, MCHES*

Research shows that caregiving can be a very rewarding, yet stressful experience. Maintaining good mental health as a caregiver is of utmost importance. Nancy will discuss how to recognize signs of stress and strategies to manage that stress so that caregivers can continue to care for themselves while they care for their loved ones. This presentation will provide attendees with a different perspective on caregiving — focusing on how to care for the body's most important organ, the brain!

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

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.

For questions or concerns, please contact [programs@keiro.org](mailto:programs@keiro.org).