“A Prescription for Caregivers: Take Care of Yourself”
A Presentation by Wendy Lustbader, MSW

Thursday, October 23
9:00 a.m. – Noon (Registration at 8:30)
Longmont Senior Center, 910 Longs Peak Ave., Longmont

This presentation will show family caregivers—and those who work with them—how to make life better for the giver and receiver of care. Topics will include:

- heeding resentment as a warning of doing too much
- the many varieties of guilt
- options for self-care
- figuring out how much care is “enough”
- the importance of humor

Filled with amusing and touching stories and Wendy’s unique insight into caregiving issues, this presentation will help caregivers feel truly understood.

FREE to Boulder County residents who provide care for older loved ones and to professionals who work with those caregivers. Pre-registration is requested; call 303-678-6116. Financial assistance for respite care (elder care) may be available.

Wendy Lustbader, MSW, has a well-deserved national reputation in the fields of aging and caregiving. A popular speaker at conferences in the U.S. and Canada, she is also a skilled psychotherapist, the co-author of *Taking Care of Aging Family Members*, and the author of *Counting on Kindness, What’s Worth Knowing and Life Gets Better*. Wendy is an Affiliate Associate Professor at the UW School of Social Work in Seattle. Whether speaking, writing or teaching, she brings equal passion and the lessons of a social worker’s lived experience to her service to older adults, family caregivers and others.

Sponsored by Boulder County Area Agency on Aging and Friends of the Longmont Senior Center, Seniors of Louisville Advisory Board, AltaVita Assisted Living Memory Care Centre, HomeCare of the Rockies, Homewatch CareGivers of Boulder County, and Life Care of Longmont

Reasonable accommodations will be provided upon request for persons with disabilities. Please notify Julia Yager at 303-441-3589, or the Human Resources Division at 303-441-3508, at least 48 business hours prior to the event if you need special accommodations in order to participate.