Part 2: Adult Day Services – Self Care: Taking Care of YOU

WHAT WE WILL COVER

In CAADS’ December installment of this webinar series on Caregiving, we heard from Dr. Benton on how centers could help families and communities master the challenges of caring for older adults with brain impairing conditions and/or adults with multiple health concerns. During the second installment of this webinar series on Caregiving, Dr. Benton will be speaking to you about Self-Care in Adult Day Services, and you will learn about how to take care of YOU. As caregivers we often forget that if our glass is empty we can’t share with others. In this webinar we will learn how to identify signs of stress and burnout, methods of prevention and interventions and resources to help you maintain a positive, caring attitude.

At the end of this webinar, attendee will be able to:

- Describe 3 common stress indicators
- Use one intervention for stress relief
- Explain when stress can be positive

WHO SHOULD ATTEND

Center leaders and staff

PRESENTER

Donna Benton, PhD, is a Research Associate Professor of Gerontology at the USC Davis School of Gerontology. She received her graduate training in clinical psychology from the California School of Professional Psychology and was a Gero-psychological postdoctoral fellow at USC /Rancho Los Amigos Medical Center. She is also a licensed clinical psychologist. Her publications focus on research in elder abuse and minority caregiving. In addition to her academic experience, Dr. Benton was also an Adult Day Care Center program manager and has first-hand knowledge of the field of adult day services.

Since 1989, the USC Family Caregiver Support Center at USC Davis School has placed a high priority on providing support across the continuum of caregiving, including diagnosis, prognosis, services that help maintain the care recipient’s independence and abilities, helping caregivers care for themselves, and manage their own well-being.

WHEN

Thursday, January 16, 2020 from 2:30 PM to 4:00 PM

REGISTRATION

NON MEMBERS: $25 Per Registrant  CAADS MEMBERS: No Charge (A benefit of membership!)

Registration includes access to the webinar for each attendee/email address registered. Advance registration is required by 12:00 PM on Wednesday, January 15, 2020. Please complete the registration form and return it with payment to CAADS by 12:00 PM on Wednesday, January 15, 2020. We CANNOT process registrations received after this deadline.

Registration includes handouts and the webinar recording. There is no limit on how many staff you gather to listen. Or, register each person individually to participate from their own computer. Internet connection and speakers / microphone OR access to a telephone for the audio presentation is required.

NOTE: Substitutions will be accepted if made by 12:00 PM Thursday, January 16, 2020. We are unable to register or change registrations beginning 30 minutes prior to the webinar start time.

FOR ASSISTANCE

- Beginning 30 minutes prior to the webinar, CAADS’ staff is preparing for the webinar. Should you need to contact us, please send an email to education@caads.org.
- For problems logging on from your computer, call “GoToWebinar” customer service at 1-800-263-6317.