



CAREGIVER STRESS & HIRING IN-HOME CARE

Are you stressed and need help?



Get answers to the following questions and more:

- How do I know if I am stressed?
- What can I do to reduce stress?
- When should I consider hiring in-home care for my loved one?
- Should I go through an agency or get someone on my own?

SPEAKERS:

Managing Caregiver Stress

Karin Little, MSW, Supervisor: Programs & Services,
Family Caregiver Resource Center, Orange County

Hiring In-Home Care: Pros & Cons

Kanako Fukuyama, MSW, Health Promotion Specialist, KEIRO

WHEN:

Saturday, January 28, 2017 | 1:00 to 3:00 p.m.

WHERE:

East San Gabriel Valley Japanese Community Center
1203 W. Puente Ave., West Covina, CA 91790

RSVP:

Michelle Okawa, ESGVJCC at 626.960-2566 or mokawa@esgvjcc.org

CONTACT:

For more information, please contact Kanako Fukuyama at
213.873.5709 or kfukuyama@keiro.org

All programs are FREE unless otherwise noted and are made possible by KEIRO along with support from our Community Partners, donors, and volunteers.

FREE EVENT

HOSTED BY:



EAST SAN GABRIEL VALLEY
JAPANESE COMMUNITY CENTER ESGVJCC

Keiro 

KEIRO® is expanding our reach from a focus on long term health care facilities to broadly engaging and supporting older adults wherever they call home. Serving primarily Los Angeles, Orange, and Ventura counties, KEIRO provides services to older adults and caregivers, along with programs for residents of KEIRO's former facilities-helping older adults in Our Community age the way they choose.