

Family caregivers offered free seminars at Nov. 8 conference

In recognition of Family Caregiver Month in November, Kitsap County's Aging and Long-Term Care Family Caregiver Support Program is hosting free seminars for unpaid family and volunteer caregivers during its annual conference from 9 a.m. to 1 p.m. Wednesday, Nov. 8 at the Best Western Silverdale Beach Hotel, 3073 NW Bucklin Hill Road. Doors open at 8:15 a.m.

This year's seminar topics support the physical and mental well-being of caregivers:

Caregiver Grief and Guilt, Dr. Kriss Kevorkian, PhD MSW

Legal Forms Questions & Answers, Attorney Todd Carlisle, Northwest Justice Project

Let's Talk Healthcare Systems, Mari Van Court, MSN, FNP-C

Medication Management with Assistive Technology, Curt Johnson, Washington Assistive Technology Act Program

The Family Caregiver Conference offers unpaid caregivers the opportunity to increase their resilience, network with each other, and gain relevant information and knowledge of local resources from industry professionals in the community.

Complimentary refreshments and a light continental breakfast will be served. The event is free to family caregivers. Professional caregivers may also attend for a \$15 fee. Registration is required for everyone. Call (360) 337-5700 or (800) 562-6418. Individuals who may require special accommodations should contact Vicki Hanson at (360) 337-5700, (800) 562-6418 or TDD (360) 307-4280. One week advance notice is needed for interpreter services.

The state of Washington estimates that more than 900,000 people provide care for another adult. A caregiver's role may have developed slowly or suddenly and can be physically and emotionally demanding. When trying to juggle multiple roles, caregivers may put aside tending to their own well-being, resulting in increased stress, health problems, depression, and/or feelings of anger and anxiety about their situation.

Located in Silverdale, the Kitsap County Family Caregiver Support Center offers free services to support caregivers. Trained staff for available to listen, care, and provide practical information and ongoing support. The center also provides free personalized consultations with professional case managers and a resource library.

Those 18 years of age or older, living in Kitsap County and providing unpaid care for an adult with functional disabilities is eligible to utilize services. To learn more, call (360) 337-5700 or (800) 562-6418, visit the website [here](#), or stop by the Caregiver Support Center at 9857 Silverdale Way in Silverdale. Drop-in hours are Monday through Friday 11 a.m. to 2 p.m. or by appointment.