



FREE Workshop

**Caring for family is a tough job.**

Could you use a little help?

Thousands of people on Hawaii island are helping older loved ones live at home. Get connected to others and learn about resources to help.

### **Plenary Session Panel (8:00 a.m.)**

#### **Safe and Effective Hospital Discharge**

Odetta Rapozo-Pung, RN | Hilo Medical Center

#### **Respite Care and County Resources for Caregivers**

Nick Los Banos | Hawaii County Office of Aging

#### **Tips for Building Your Care Team | Pamela Bruce, RN**

#### **State & Federal Policy Update**

Audrey Suga-Nakagawa | AARP Advocacy Director

### **Concurrent Sessions (11:00 a.m.)**

#### **A) Effective Communication Strategies in Dementia**

Chris Ridley | Alzheimer's Association Aloha Chapter

#### **B) Understanding Palliative Care**

Lani Weigert | Hospice of Hilo

### **Caregiver Workshop**

**Saturday, July 8, 2017**

**8:00 a.m. until 12:00 p.m.**

**Cost: Free**

#### **Includes:**

- Resource Fair
- Coffee & Pastries

#### **Register:**

<https://aarp.cvent.com/care7-8>

1-877-926-8300 (toll-free)

#### **Location:**

Church of the Holy Cross

440 W. Lanikaula Street

Hilo, HI 96720

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