

The Fairfax Family Caregiver Support Program

Telephone Support Group for Family Caregivers of Older Adults

Have you ever wanted to attend a support group, but couldn't? This group may be just what you need!



Join in to get information, share your experience, and gain emotional support from others without having to travel.

2nd Tuesday of each month

7 - 8 p.m.

Topics:

- July 10** ***I'm Sandwiched In! Balancing Competing Needs of the Family***
"Sandwiched" between children & parents, spouse & parents, or other family situations? You're doing a balancing act! Let's talk about the challenges you face and share ideas.
- Aug. 14** ***Working With Care Professionals. How to Get the Help You Need.***
Good communication with professionals is extremely important. Let's discuss how to work more effectively with professionals and how to be an essential member of your loved one's care team.
- Sept. 11** ***The End of Life Journey and Caregiving***
Shari Perkes, from Capital Caring, will discuss end of life caregiving, hospice and palliative care. She will be sharing a brief narration of "Hilda's Journey".

To Register and for more information:

www.fairfaxcounty.gov/DFS/OlderAdultServices/caregiver.htm
or call 703-324-5484, TTY 711.

After registering, you will receive a call-in phone number and an access PIN number to enter the group call.



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Fairfax Family Caregiver Support Program

www.fairfaxcounty.gov/DFS/OlderAdultServices



"Support caregivers so they can keep giving"
Fairfax County,
www.fairfaxcounty.gov

To request reasonable ADA accommodations or this document in alternate format,
call 703-324-5868, TTY 711 or e-mail: Matthew.Barkley@fairfaxcounty.gov