



CAREGIVERS SUMMIT

Celebrating 10 years of serving caregivers

Underwritten by AARP®

A collaborative effort presented by Transitions GuidingLights and Transitions LifeCare, the annual Caregivers Summits provide a day of **Respite**, **Resolution**, and **Resources** for family and professional caregivers.

Respite from the daily challenges. The Summits give caregivers a day for renewal and self-care, and provide them an opportunity to share and network with other caregivers who have similar experiences. As attendees have said, "I realized that I'm not alone," and "I'm leaving feeling renewed!"

Resolution for unanswered questions. High-quality presentations provide practical information and address caregivers' most common concerns. Caregivers choose from a selection of 60-minute workshops covering topics such as effective caregiving for individuals with dementia, legal issues, falls prevention, navigating Medicare, finding a balance when caregiving, and many others. As one attendee put it, "I have learned how to be a better caregiver because of the support and information received."

Resources available to provide assistance. The Summits offer exhibits from dozens of service providers, giving caregivers an opportunity to learn about community resources by talking directly with industry professionals.

The Caregivers Summits are held throughout the year in several locations in and around the Triangle. Each has its own agenda; caregivers are encouraged to attend as many as possible. Registration costs are low and include lunch. In addition, free off-site adult caregiving may be provided. Professionals may earn four CEUs through the North Carolina Nurses Association.

Past attendees have been enthusiastic in their evaluations - they rate the event as "excellent" and the workshops to be "useful" and of "high quality."



"I just had to take a few minutes to stop and thank you for hosting a wonderful event for caregivers and professional caregivers. I was so impressed by how well organized the conference was, how lovely the volunteers were, and how knowledgeable the presenters were. And to include a luncheon with entertainment was icing on the cake. Well done! Please accept my heartfelt gratitude for all the time and thought which went into making this informative event available to those of us who so greatly need it in our role as caregiver." (Past Attendee)

Learn more at caregiverssummit.org