



FOR IMMEDIATE RELEASE

Contact:

nadine.walter@okdhs.org

Aietah-Stephens@ouhsc.edu

Ronelle-Baker@ouhsc.edu

Virtual Caregiver Conference across the Lifespan scheduled for Nov. 5th and 12th

Time and time again, numerous studies show caregiving takes a physical, mental, and emotional toll on family caregivers. Over time, up to 70 percent of full-time caregivers develop symptoms of depression from the stress and workload.

“All too often, caregivers start to neglect their own health unintentionally due to the demands of caregiving for their loved ones,” said Aietah Stephens, Sooner SUCCESS Executive Director. In an effort to support caregivers and to focus on their health and well-being, the OK Caregiver Coalition, DHS Aging Services, Sooner SUCCESS, Sunbeam Family Services, Cox Homelife Care, AARP of Oklahoma, Oklahoma Family Health, Caregiver Magazine, and Morton Comprehensive Health Services sought the need to host the “2020 Oklahoma Caregivers Virtual Conference” to celebrate family caregivers across the lifespan plus provide them with valuable resources. The FREE event will take place virtually on November 5 and 12, 2020 from 10:00 – 3:00. On November 5th, the sessions include “Caregivers in the Workforce” in the morning and “Caregivers of Older Adults” in the afternoon. The sessions on the November 12th include “Caregivers of Children with Special Needs” and “Caregivers of Individuals 16 – 59 Years Old”.

Family caregivers across the lifespan and organizations that provide supports for children to older adults will offer information on a variety of helpful topics. Through the various sessions, attendees can learn about:

- Respite programs
- Improving health and wellness
- Ways to recharge and energize
- Employed caregiver resources
- Supports across the lifespan from children to older adults

Each attendee will have an opportunity to win gift cards throughout the day. Special accommodations can be requested for the virtual ZOOM format. There are \$50 educational vouchers available per session for a family caregiver to pay a temporary care provider to assist with their loved one while they participate in a session.

To register for the free virtual conference, please visit:

November 5th https://zoom.us/webinar/register/WN_3FX13UIUQSaQ6OZUYKqgmw

November 12th https://zoom.us/webinar/register/WN_RPvI9aUWR2OqRbbicA7voA