

# BROOMFIELD UNITED METHODIST CHURCH

## THE CAREGIVING TRAP: SOLUTIONS FOR LIFE'S UNEXPECTED CHANGES®

SUNDAY APRIL 12, 2015 1:30 - 3:30 P.M.

Individuals who accept the role of caregiving for parents or loved ones are often unaware of the risks to health, career, and retirement. Many individuals are swept into the role of caregiving and then feel stuck or trapped—not only by caregiving responsibilities but by aspects of caregiver and care recipient relationships that prove challenging. Add interactions with the healthcare industry into the mix, and the role of advocating for a care recipient may seem—at times—like an impossible task.

Join Pamela D. Wilson, The Care Navigator, to gain insights into the rarely discussed effects of caregiving, learn communication and planning techniques to improve caregiving relationships, and identify methods to communicate with healthcare providers to ensure the needs of the care recipient are not ignored. Learn to:



- ✚ Understand the “bigger picture” of the short and long term effects of the role of caregiving
- ✚ Acknowledge relational aspects of caregiving to gain a better understanding of family challenges and dynamics that have the potential to damage family relationships
- ✚ Advocate for beneficial care by understanding health care industry and health insurance company constraints that often surprise families when they realize that health insurance or Medicare “does not pay”

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