



# Caregiver Support Network:

## Resilience Building and Resource Sharing

Join the Caregiver Support Network at The Ohio State University for an important discussion on caregiver burnout, telemedicine, useful gadgets and technology. Learn about caregiver self-care, managing burnout, stress, mental health, connecting with resources and more!

**Who should attend:**

- Family members caring for an adult or senior with chronic illness or disability
- Adult children concerned about aging parents
- Parents caring for adult children with disabilities
- Long term workers: assisted living facility, adult family home or home care agency staff
- Social service, adult day service or mental health professionals who work with family caregivers

**When:**

Saturday, **February 22** at **1 p.m.** (Check-in starts at 12:30 p.m.)

**Cost:**

• **\$10** Individuals • **\$20** Exhibitor tables (see website for details)

**Where:**

• Akron • Athens • Caldwell • Columbus • Fremont • Lebanon • Ottawa

**Details:**

Web: [agrability.osu.edu/caregiver-support-network](http://agrability.osu.edu/caregiver-support-network) Registration: [go.osu.edu/caregiver20](http://go.osu.edu/caregiver20)

**Contact:**

Laura Akgerman at 614-292-0622 or [akgerman.4@osu.edu](mailto:akgerman.4@osu.edu)

*OSU EXTENSION Montgomery COUNTY*



THE OHIO STATE UNIVERSITY

FAMILY AND CONSUMER SCIENCES  
COLLEGE OF FOOD, AGRICULTURE, and  
ENVIRONMENTAL SCIENCES  
COLLEGE OF NURSING

February 22, 2020

## Resilience Building and Resource Sharing

### Agenda

#### **12:30 – 1:00: Check in**

Learn relaxation techniques and visit exhibitor tables

#### **1:00 – 2:15: Self-care for the Caregiver**

**Managing Caregiver Burnout** – Dr. Teresa Young, Generations Psychological and Consultation Services

- Local discussions

#### **2:15 – 2:30: Break**

#### **2:30 – 4:00: Resources for the Caregiver**

**Rural Health Strategies for Telemedicine** – Phillip Payne, Apportis

**Helpful Gadgets and Technology for Caregivers** – Kyle Corbin, Ohio DODD

- Local discussions
- Share local resources

#### **4:00 – 4:15: Wrap-up and attendee evaluation**

### Join us at a location near you!

**Akron/Northeast** - OhioMeansJobs Summit County: 1040 East Tallmadge Ave, Akron, OH 44310

**Athens/Southeast** - Athens Public Library: 30 Home Street, Athens, OH 45701

**Caldwell/East** - OSU South East Operations Center, 16714 State Route 215, Caldwell, Ohio 43724

**Columbus/Central** - Eye and Ear Institute: 915 Olentangy River Road, Third Floor Conference Room, Columbus, Ohio 43212

**Fremont/North** - OSU Extension Sandusky County/Sandusky County Health Department, 2000 Countryside Dr., Fremont, OH 43420

**Lebanon/Southwest** - Warren C. Young Center: 801 Drake Road, Lebanon, OH 45036

**Ottawa/Northwest** - Putnam County Extension Office: 1206 East 2nd Street, Ottawa, OH 45875

\*\*All sites will connect electronically and have on-site facilitators to lead discussions about the topics presented\*\*