

PRESS RELEASE

For Immediate Release

CARESHARING, a Community Forum for Caregivers

Saturday, April 24<sup>th</sup>

FREE COMMUNITY EVENT PROVIDES RESOURCES, SUPPORT AND INSPIRATION.

(Snoqualmie, WA) Adult family members and friends provide an estimated 80 percent of all long-term care services in the United States. So who cares for the caregivers? It may come as a surprise to many, but resources are available for those who care for older adults living in the Upper and Lower Snoqualmie Valley. Learn more during a free CARESHARING Forum, Saturday April 24<sup>th</sup> from 12:30pm to 5:00pm at the Carnation Bible Church, 32615 Northeast 45th Street, Carnation 98014. To register for the forum call 425-333-4152 or email [info@snovalleycaregivers.com](mailto:info@snovalleycaregivers.com). Pre-registration is encouraged.

Headlining the Forum is UW faculty member and nationally known speaker Marty Richards MSW, LICSW, author of the recently published book, "*Caresharing: A Reciprocal Approach to Caregiving and Care Receiving from Aging to Illness and Disability*." There will also be a facilitated session on "*Sharing our Wisdom, Educating and Inspiring Each Other by Sharing our Caregiving Experiences*." Concluding the forum is a panel of experts discussing local resources with an emphasis on legal and estate planning, home health, hospice and respite care, dealing with dementia and adult day health. As one of the conference organizers stated, "People are often amazed at the resources we do have in the Valley. It makes a world of difference when caregivers can get the help they need close to home."

Presented by Sno-Valley Senior Activities Center and Adult Day Health, Snoqualmie Valley Hospital and Clinics and Mt Si Senior Center and Faith in Action. Sponsored by Evergreen Home Health and Hospice, Senior Services of King County and Red Oak Residence of North Bend.

It can be difficult to attend an event when you are unable to find care for your loved one. In cooperation with Snoqualmie Hospital, Sno-Valley Adult Day Health will have trained professionals available to provide care to your loved one while you attend the conference. Reservations for this respite care should be made no later than Friday, April 16<sup>th</sup>, 2010. To make reservations, call (425) 333-4152 and ask for respite care.

# # #