

Empowering Caregivers

Hearing – Honoring – Helping

Tuesday, January 31st

6:00 PM – 7:30 PM

**Sadler Center
Hospice of the Upstate**
(1835 Rogers Road, Anderson)

*Amid the mess and mix of caregiving for our elders, we can often find ourselves feeling overwhelmed, isolated and hopeless. Many once-overwhelmed caregivers, however, have not only survived their powerfully distressing experiences but have **thrived**...and have chosen to share what **really** made a difference for them. Using storytelling, humor and a variety of exercises, this workshop will provide concrete skills and practices to help overwhelmed care persons create connections back to themselves, with others, and with a supportive community of care.*

- **Contact Hours** (1.5) are available on-site
- **Respite Vouchers** are available by calling Alzheimer's Association by **January 17th** at **(864) 224.3045**.

with Nancy Pearce

*Nancy Pearce, MS, MSW, is a licensed geriatric social worker with more than 20 years of experience working in long-term healthcare and hospice settings. She specializes in dementia care and is author of **Inside Alzheimer's: How to Hear and Honor Connections With Persons Who Have Dementia**.*



Presented by:



Elder Connections

For more information
(864) 934.5600
www.elderconnect.net

Co-sponsors:



alzheimer's association



Uplifting guidance for those whose friends and loved ones suffer from various stages of dementia.



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