

UAMS News Bureau

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News Release
Oct. 10, 2016

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Fearless Caregiver Conference to be Nov. 10 in Hot Springs

LITTLE ROCK – The Fearless Caregiver Conference, bringing education and support for family caregivers, will be held Nov. 10 in Hot Springs by *Today's Caregiver* magazine in partnership with the University of Arkansas for Medical Sciences' (UAMS) Oaklawn Center on Aging.

The event will be 8:30 a.m. -12:30 p.m. at the Garland County Library, 1427 Malvern Ave. in Hot Springs. The conference is free for local family caregivers who register at www.caregiver.com or by calling 877-829-2734.

More than 65,000 family and professional caregivers in 24 states have attended a Fearless Caregiver training developed by *Today's Caregiver* magazine and Caregiver.com.

“For the 20th anniversary Fearless Caregiver Conference tour, we are honored to return to Arkansas with such a great partner as UAMS,” said Gary Barg, conference host and founder and editor-in-chief of *Today's Caregiver* magazine and FearlessCaregiver.com.

“I’m looking forward to a terrific day of education, support and sharing with Arkansas caregivers on Nov. 10,” said Barg, author of the books *The Fearless Caregiver* and *The Caregiving Ties that bind*.

Fearless Caregiver conferences are designed to support family caregivers by teaching them to become equal members of their loved one’s care team, develop techniques to create much needed respite, build an effective support network of family and friends, and learn the importance of caring for themselves as they care for their loved ones.

Fearless Caregiver Conference participants be able to share information with their fellow caregivers as they learn:

- What support is available for family caregivers

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- How to partner with their family members
- How to ask questions of health care leaders
- How to get a loved one to stop driving

Who Should Attend?

- Children of aging parents
- Parents caring for children
- Spousal caregivers
- Long-distance caregivers
- Grandparent caregivers
- Pastoral caregivers
- Volunteer caregivers

Established in 1995, Caregiver Media Group has become the recognized media authority on caregiving through *Today's Caregiver* magazine, Caregiver.com, the Fearless Caregiver Conferences, the award winning book - *The Fearless Caregiver: How to Get the Best Care for Your Loved One and Still Have a Life of Your Own*, as well as Caregiver Media Group's award winning content and custom publications.

Today's Caregiver magazine contains cover interviews with celebrity caregivers, articles on caregiving issues and vital resources for all caregivers. Cover interviews have included Senator Elizabeth Dole, Senator Robert Dole, Debbie Reynolds, Henry Winkler, Dixie Carter, Clay Walker, Valerie Harper, Robert Wagner, Hugh Downs, and many others. The digital version of the magazine is available free of charge at Caregiver.com.

The UAMS Donald W. Reynolds Institute on Aging serves the needs of an aging generation with the highest standards of research and care. It was established through a 1997 gift of \$28.8 million from the Donald W. Reynolds Foundation and expanded through a 2009 foundation gift of \$33.4 million. Within the institute is the Arkansas Aging Initiative (AAI), created from part of Arkansas' share of the Master Tobacco Settlement to improve the health of older Arkansans through interdisciplinary clinical care and innovative education programs, and to influence state and national health policy. The AAI created seven Centers on Aging throughout the state to provide senior adults access to quality care within a 60-mile drive from their homes. These centers offer the Schmieding Home Caregiver Training Program so older adults might have more opportunities to remain at home.