



Navigate the Challenges that Come With Caring for Parents

Are you a caregiver?

Come join us in this discussion about overcoming some of the challenges of caregiving. You will learn tips on how to:

- Find the resources you and your loved one need to stay independent
- Lighten the feeling of burden
- Juggle work and caregiving
- Validate your current or future role as a caregiver
- Understand the financial aspects of caregiving

Guest Speaker:
Jane Lincoln
Project Manager, Social Impact
AARPSM



April 15, 2010
12:30 - 1:30 p.m.
Rear of the USDA
South Building Cafeteria

"There are only four kinds of people in the world- those who have been caregivers, those who currently are caregivers, those who will be caregivers and those who need caregivers."

- Former first lady, Rosalynn Carter

A Sign Language Interpreter will be provided. Persons with disabilities who require accommodation should contact Gloria Rodriguez by phone at (202) 205-9262, TTY (202) 205-9057, or by e-mail at gloria.rodriguez@wdc.usda.gov
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