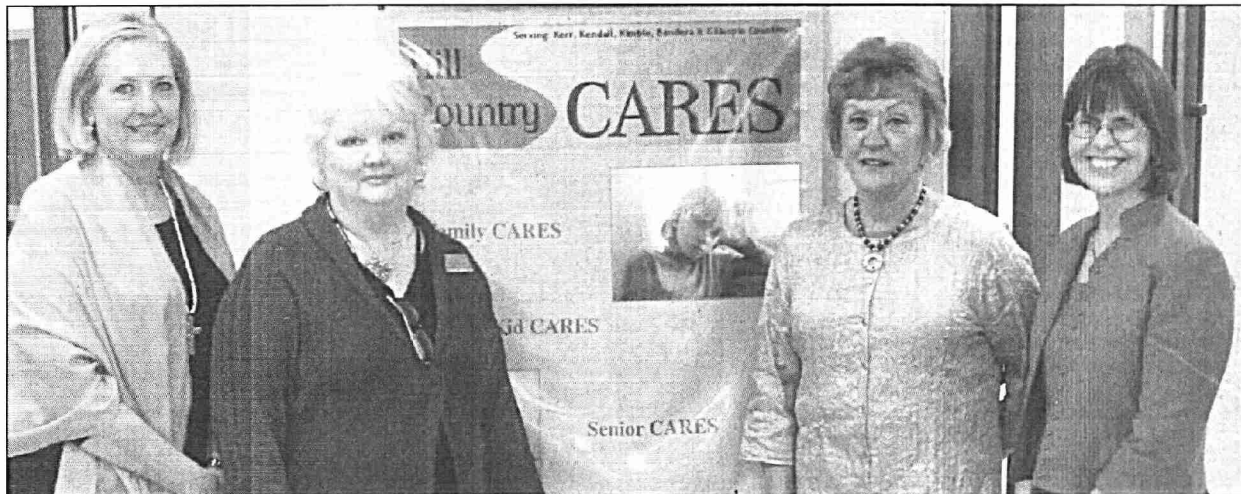


Caregiver conference on tap



Courtesy photo

Shown at a recent caregivers conference hosted by Hill Country CARES are, from left, Debbie Billa, WellMed Community Relations Consultant; Patrice Doerries, Senior CARES coordinator for Hill Country CARES; Sharon Lewis, RN, research professor at UT Health Science Center-San Antonio; and Denise Miner-Williams, RN, assistant research professor at UT Health Science Center-San Antonio.

Hill Country CARES will offer family caregivers a free Kerrville conference from 9 to 11:30 a.m. Tuesday, Nov. 1, at the Dietert Center.

The conference theme is "Costs and Rewards of Family Caregiving."

The growing number of older adults and the increased incidence of chronic diseases have resulted in the need for more family caregivers.

"The intensity and complexity of caregiving put caregivers at risk

for high levels of stress," said Patia Sandifer, volunteer coordinator for Hill Country CARES. "This stress can take its toll on all aspects of life, including one's personal health. At the same time, many family members also identify positive aspects associated with this role."

This conference will discuss the costs and rewards of being a family caregiver.

Admission is free, but registra-

tion is required prior to the conference through Patrice Doerries, Senior CARES coordinator. To register, email patrice@hccares.com or call 257-7088, ext. 28.

Hill Country CARES is the domestic violence/sexual assault shelter for women and children for Kendall, Kerr, Gillespie, Bandera and Kimble counties. Senior CARES provides support groups, education and training for professionals and law enforcement regarding seniors.

