# Educate Support Inspire

The Caregiver Coalition of San Diego is here to help you find answers to all your caregiving questions! Members include representatives from nonprofits, businesses, government agencies, and other professionals who are experts in caregiving, senior care and aging. Our purpose is to make the job of caring for loved ones less stressful by helping you become a more knowledgeable caregiver.



Improving the quality of life for caregivers, their families and the community.



Our mission is to identify and address the needs of caregivers through education, support, advocacy efforts, and collaboration of a broad coalition membership in order to improve the overall quality of life for caregivers, their families and the community.



Are You A Caregiver?

Are you providing care for a family member or friend?

Are you concerned for their well-being and safety?

Are you struggling to balance your time with loved ones?

If you answered yes, then you are a caregiver.

The Caregiver Coalition of San Diego can help!





### Conferences

FREE conferences are provided at various locations throughout San Diego County. Conferences include topics provided by trained professionals, community resources, respite care, and more.

## Community Resources

A list of agencies dedicated to helping you and your loved one are available on our website. The Caregiver Handbook is available to help answer questions and understand options for caregivers.

## Speaker's Bureau

Qualified, professional speakers are available to speak on a variety of caregiving topics. These presentations may be scheduled at a place of worship, work place, community center or service club. Email a request including date, time and location.

infosdcaregivercoalition@gmail.com

#### Webinars

FREE educational webinars are available. From your computer or mobile device, you can attend the webinar and ask all your caregiving questions in a confidential environment. Recorded webinars are available on our website.

To contact the Caregiver Coalition about conferences, webinars or speaker requests, please email <a href="mailto:infosdcaregivercoalition@gmail.com">infosdcaregivercoalition@gmail.com</a>

## **San Diego**



#### **Get Connected & Get Help**

Learn about our Free
Caregiver Educational
Conferences, Resources,
Speaker's Bureau & Webinars
Visit our website:

www.caregivercoalitionsd.org



Like us on Facebook Caregiver Coalition

