



Synithia Williams
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News Release

Free “Caring for Caregivers” Conference

Caregiving is a growing issue that many families are likely to encounter in some capacity. The face of today’s caregivers may be surprising as it has become one that resembles the nation. In fact, it has been said that there are four kinds of people: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who need caregivers.

Currently there are over 44.4 million family caregivers in the U.S. Of these individuals, 60% are within the workforce and 40% are parents of children 18 or younger. As statistics abound with rising numbers and challenges regarding this often unexpected role, The Alabama Cooperative Extension System in grant partnership with Auburn University’s Nursing Program is offering a training focused on providing caregivers with important resources to aid them within their varied responsibilities. This free, three-day conference will feature speakers with expertise in the key areas of the caregiving role as well as a Caregiving Resource Fair.

The “Caring for Caregivers” conference will be held on October 10th, 17th and 24th from 9:00a.m.—2:00 p.m. (*exception of Caregiver Resource Fair on October 24 from 8:30—9:30 a .m.*) at Jefferson State Community College in Pell City. Free lunch will also be provided daily to those registered by October 1. To pre-register and reserve your seat, call the St. Clair County Extension office at 338-9416. CEU’s and certificates of attendance will be available.

For more information on this or related topics, contact Synithia Williams, Regional Extension Agent in Family and Child Development for the Alabama Cooperative Extension System at (205) 329-1148 or email at willisl@aces.edu.

The Alabama Cooperative Extension System, the primary outreach organization for the land-grant mission of Alabama A & M University and Auburn University, delivers research based educational programs that enable people to improve their quality of life and economic well-being. To learn more about ACES visit the website at www.aces.edu.