

*The Southwestern Connecticut Agency on Aging  
and the Coalition for Abuse Prevention of the Elderly (CAPE)  
present...*



**Geriatric Injury Institute  
at Bridgeport Hospital**

This project is supported by the  
CT State Unit on Aging, Department  
of Rehabilitation Services with financial  
assistance through a grant from the  
Administration on Community Living

# *The Four C's of Caregiving*

## **This Dynamic Presentation Builds Caregiver Confidence**

- 1** **COMPREHEND** the aging process and common terms: dementia, delirium and depression
- 2** **CHOOSE** and monitor the best paid caregivers for your loved one
- 3** **COMMUNICATE** effectively with doctors and healthcare personnel
- 4** **CONSIDER** the signs of caregiver burnout and identify key resources



### **Featuring presentations by:**

- Dr. Pamela Hoffman, *Geriatrician, Jewish Senior Services*
- Dr. Allison Ostroff, *Director, Geriatric Medicine, Stamford Hospital – 6/13/19*
- Dr. Vivian Argento, *Executive Director, Geriatric and Palliative Care Service Line, Bridgeport Hospital – 6/25/19*
- Dr. Gerard Kerins, *Geriatrician, Associate Professor, Yale School of Medicine – 6/27/19*
- Ann Dyke, *RN, MN, Injury Prevention Coordinator, Bridgeport Hospital*
- Stephanie Paulmeno, *DNP, MS, RN, NHA, CCM, CPH, President, CT Nurses' Association*

**{ Who should attend? Caregivers, soon-to-be caregivers, paid and unpaid caregivers, and anyone interested in the aging process. }**

**RESERVE YOUR SPOT** by calling Linda at 203-814-3614 or sign up online at [www.swcaa.org](http://www.swcaa.org) or call any contact below. The program is free, and free elder care is available during the program (*must pre-register for care*).

*All programs are from 4:00 – 6:00 p.m.*

- **THURSDAY, JUNE 13:** Stamford Senior Center • 888 Washington Blvd. • 203-977-5151
- **TUESDAY, JUNE 25:** ElderHouse • 7 Lewis St., Norwalk • 203-847-1998
- **THURSDAY, JUNE 27:** Bigelow Senior Center • 100 Mona Ter., Fairfield • 203-256-3166