

# Duke Caregiver Community Event

Are you a caregiver for a loved one? **Join us virtually on October 26, 2021**, at the Duke Caregiver Community Event. You'll hear from experts and connect with services and support systems. Find answers and resources that can help you navigate this journey. Registration is free and required.

## Connect with Experts, Learn New Skills

This free, one-day event will be held on a virtual platform. The information will be available in English and Spanish. Presenters will cover these topics and more:

- Dementia research and behavior strategies
- Navigating conversations with family and loved ones
- Hospitalization and the role of a caregiver
- Understanding advanced directives/living wills
- Overcoming compassion fatigue
- Resources that will save you time and money
- Assisted animal therapy

You'll participate in online educational sessions and have opportunities to connect with valuable resources in our community. You'll gain a better understanding of resilience and well-being, financial assistance, and more. You don't have to embark on this journey alone -- we're here to help.

Educational materials and resources will be available to people registered for the event through May 2022.

**Register here:**

<https://www.dukehealth.org/duke-caregiver-community-event>