

## Board of County Commissioners

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## Carroll County Government

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### **FOR IMMEDIATE RELEASE**

For more information, contact:  
Carroll County Bureau of Aging & Disabilities  
410-386-3800

## **Gliding into the Future - Caregivers Conference**

**Westminster, Monday, October 1, 2018** - The Carroll County Bureau of Aging and Disabilities' Family Caregiver Support Program in partnership with AARP will be presenting the 9<sup>th</sup> Annual Caregivers Conference, "Gliding into the Future" on Saturday October 20, 2018, from 8:30am to 2:30pm. The Conference will be held at the Westminster Senior and Community Center located at 125 Stoner Ave. in Westminster. The topics to be covered are: "Long Term Care Insurance vs. Reverse Mortgage", "The Meaning Behind Behavior: How We Are Affected", "Brain Fit", "Tia Chi", and "Getting Your Estate in Order". There will be numerous handouts including: A Workbook for Settling Estates, "Mental Health in Later Life: A Guide for Older Marylanders and the People Who Care For Them", and "Know Your Brain Workbook".

The Family Caregiver Support Program is designed to assist caregivers who are caring for family members over the age of 60 and grandparents raising grandchildren under the age of 18. The conferences open to caregivers and others interested in the presentations on the agenda.

Registration is required. Continental breakfast and lunch provided. For additional information please contact the Bureau of Aging & Disabilities at 410-386-3800.

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## **CARROLL COUNTY**

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.