

Do you look after an elderly family member?

FREE
EVENT

Discover how **care maps** can help you understand and improve your daily caregiving experience...



Are you a caregiver for an elderly family member or spouse? Are you interested in tools that can help you better understand your family's unique caregiving situation?

You're invited to learn about the concept of care maps – a visual representation of the people and services in your care network. In this free two-hour session, you will create your own care map and learn how it can be used to address the challenges of caregiving.

A token of appreciation will be provided to participants.

February 25
9:30 a.m. to 11:30 a.m.
All Saints' Campus*

86 Eucalyptus Lane
Montecito, CA 93108

February 25
2 p.m. to 4 p.m.
Valley Haven*

502 N. Third Street
Lompoc, CA 93436

February 26
2 p.m. to 4 p.m.
Marian Residence

124 S. College
Santa Maria, CA 93454

*Complimentary care will be provided for your elderly family member upon request.

RSVP to Madison Martin at (805) 963-1873 or mkmartin@sbfoundation.org



These events are sponsored by the Santa Barbara Foundation, Atlas of Caregiving, Friendship Center, Marian Regional Medical Center and Valley Haven. The Atlas of Caregiving is a new pilot project Family Caregiver Alliance is undertaking, supported by the Robert Wood Johnson Foundation, to better understand the actual, lived experience of day-to-day family caregiving.