

**December 8, 2020; 12:00-4:00pm (Webinar)**

**Host: Eastern Shore Area Health Education Center**

## **Caught in the Middle: Understanding and Recognizing the Needs of the Sandwich Generation**

There are more than 10 million people in the U.S. providing care to a loved one with a dementia such as Alzheimer's disease. Many are doing so while also raising their children or supporting their young adult children, while also striving to meet the needs of their employer, spouse, community, etc. at the same time. As a result of these competing forces, many experience mental stress and depression, physical illnesses, and financial burdens.

This half-day interactive conference will educate about Alzheimer's disease & related disorders, provide information on managing competing demands and finding work-life balance, and connect participants with valuable resources available through the Alzheimer's Association.

### **Learning Objectives**

- Distinguish between normal and abnormal changes in cognition in later life;
- Define the demographics and challenges of the Sandwich Generation;
- Summarize the importance of prioritizing the responsibilities and tasks of the sandwich generation caregiver;
- Describe the importance of knowing caregiver limitations and being able to take care of them selves; and
- Identify resources to support care providers for older adults.

### **Speakers**

- Julia Biernot, MD; University of Maryland School of Medicine
- Diane Martin, PhD; GGEAR, University of Maryland, Baltimore
- Carol Zimmerman, Alzheimer's Association

### **Registration**

- Students: Free
- General Admission: \$25
- General Admission, plus 3 CEUs: \$50 (available for Social Workers, Mental Health Professionals and Psychologists in Maryland only and ALL Certified Dementia Practitioners, and Certified Senior Advisors)

**Register at:** <https://form.123formbuilder.com/5723917/form/>

### **More Information**

- Contact Sara Smith via email at: [ssmith@esahec.org](mailto:ssmith@esahec.org)

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