

# Lake County Caregiver Forum



**Are you a caregiver of an older adult?  
Join us for a free event loaded with  
information and resources for the caregiver.**

**Thursday, October 5, 2023 | 10:00 a.m. - 2:00 p.m.  
University Hospitals TriPoint Medical Center  
Physicians Pavilion  
7950 Auburn Road, Concord**

*Free Event - Registration Required - Seating Limited - Lunch Provided*



Image by Laurie Hameme Photography

## **Keynote Address: Human First, Helper Second**

**Katie Kurtz, MSW LISW-S**

You hold space, show up and are there for everyone else, but who's doing the same for you? In this compassion-forward keynote, Katie Kurtz, MSW LISW-S will share from both her lived AND learned experience as a professional space holder and trainer as well as the primary caregiver for her aging parents. Participants will feel seen, heard and held as Katie gently guides you in a few practical tools to hold space for yourself and ways to ask yourself what you need and take it. By learning to care and be with ourselves, we can increase our capacity to show up not only for others but also for ourselves.

## **Lunch & Learn Sessions**

*Understanding Medicaid &  
Legal Aid 101*



*Understanding and Responding  
to Dementia-Related Behavior*



### **REGISTRATION REQUIRED**

*Scan the code to link to our website for more  
details and to register, or visit  
[www.lakecountyohio.gov/senior-services](http://www.lakecountyohio.gov/senior-services)*



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Questions?  
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