



Southern Caregiver Resource Center
Caring for those who care for others

**FRI
MARCH
8th**

Join us for a FREE
conference and learn
practical caregiver
skills to support your
veteran with TBI, PTSD,
or physical disabilities.

Presents
**"Strong Caregiver
Stronger Families"**

*A Conference For Military
and Veteran Families!*

9:30AM - 2:30PM

CHINESE COMMUNITY CHURCH

4998 Via Valarta, San Diego, CA 92124

Guest Speakers, Community Resources, Breakfast-Lunch, & More!

Register Online: <http://bit.ly/StrongCaregiver>

CONTACT SCRC (858) 268-4432

www.caregivercenter.org



OPERATION
FAMILY CAREGIVER

Conference Agenda

09:30am – 10:00am	Registration and Continental Breakfast
10:00am – 10:15am	Welcome
10:15am – 11:15am	<p><u>“Operation Family Caregiver”</u></p> <p>Coming home can be hard for military families. Learning to live with post-traumatic stress, a TBI, or a physical disability takes work by both those who have been injured and the loved ones who take care of them. OFC helps the families of returning service members and veteran adjust to the “new normal” by coping more effectively with problems their never imagined.</p> <p>Katherine Nance Training and Implementation Specialist Rosalynn Carter Institute for Caregiving</p>
11:15am – 12:15pm	<p><u>“Optimizing the Sleep Biology: Improving your sleep following TBI / PTSD”</u></p> <p>This talk will provide research-based strategies to restore healthy patterns of sleep following disruptions such as TBI or PTSD. Learn about how the body regulates sleep and how to optimize the sleep biology to most effectively get their sleep back on track.</p> <p>Daniel E. Kim, MA, LCSW TBI Research Coordinator Intrepid Recovery Center</p>
12:15pm – 01:00pm	Lunch & Resource Tables
01:00pm – 02:00pm	<p><u>“Caregiver Mobile Apps for PTSD & TBI”</u></p> <p>Being a caregiver for someone that has experienced a traumatic brain injury and or PTSD can be tough. As caregivers it may often seem like you have your hands full taking care of your loved ones. Fortunately living in the 21st we have a whole new world of technology that can help make things a little more convenient, a little less stressful, and make the caregivers life a little easier. Come learn about technology that can help with stress management, time management, sleep hygiene, education, and more.</p> <p>Clint Pearman, M.S., CBIST, Ph.D.c Certified Brain Injury Specialist Trainer Defense and Veterans Brain Injury Center</p>
02:00pm – 02:30pm	Closing: Opportunity Drawings