

LIFE INTERRUPTED: THE UNIQUE CHALLENGES FACING YOUNGER-ONSET AND MILLENNIAL CAREGIVERS

As caregiving roles experience a generational shift, this virtual evening forum brings together younger-onset care partners, millennial caregivers and members of the “sandwich generation” to understand the experiences faced in providing care for a loved one living with Alzheimer’s or other dementia. Join us as we explore the unique and complex challenges of caregiving and offer practical information and real-life assistance and tips from a panel of experts and caregivers to help you succeed in your caregiving journey.



THURSDAY, SEPTEMBER 9, 2021

6 TO 8:30 P.M. | VIRTUAL

REGISTER AT bit.ly/LifeInterruptedForum090921

AGENDA:



6-6:05 p.m.

Welcome

Claire Day, Chief Program Officer, Alzheimer’s Association, Northern California and Northern Nevada

7:10-7:15 p.m. BREAK

6:05-6:20 p.m.

Why I Advocate

Vanessa Carter, family caregiver and public policy advocate
Hear first-hand experiences and perspective of a “sandwich generation” caregiver and how advocacy has given her a voice and a platform to amplify the needs of caregivers and persons living with Alzheimer’s or a related dementia.

7:15-7:45 p.m.

Dementia Conversations

Rebecca Steinberger, Alzheimer’s Association Volunteer Community Educator and former younger-onset caregiver
Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving and making legal and financial plans.

6:20-7:10 p.m.

The Emerging Generation of Family Caregivers

Sarah Dulaney, RN, MS, CNS, and Nhật Minh Bùi, RN, MSN, AGNP-C of the UCSF Memory & Aging Center
This session will explore the unique and multifaceted challenges faced by younger caregivers and offer practical information and tips for success in your role as caregiver.

7:45-8:30 p.m.

Life Interrupted — A Caregiver Panel Discussion

Facilitated by Grace Liu, LCSW, Site Director – East Bay, Alzheimer’s Association, Northern California and Northern Nevada
In this interactive panel, hear from a diverse group of younger caregivers about their most meaningful lessons, rewards and challenges faced while balancing caregiving with other demands.