

# Family Caregiver Alliance

## Communicating and Advocating With Medical Professionals

**N**avigating our health care system for the first time can be a daunting experience, often leaving family caregivers confused and frustrated. This workshop will help to clarify the current realities of the health care experience for caregivers. Participants will learn to use effective communication techniques and powerful communication tools to become better health care advocates for the persons for whom they are caring.

### **SPEAKER**

**Christina Irving, LCSW**  
Family Consultant / Clinical Supervisor  
Family Caregiver Alliance



### **WHEN**

**Wednesday, August 22, 2018**  
**10 a.m. to 12 noon**

### **WHERE**

**Senior Coastsiders ([www.seniorcoastsiders.org](http://www.seniorcoastsiders.org))**  
**925 Main Street, Half Moon Bay 94019**

### **REGISTRATION**

**Calvin Hu, [chu@caregiver.org](mailto:chu@caregiver.org), (415) 434-3388 x 313**

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**Family Caregiver Alliance** supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call **(800) 445-8106** or visit **[www.caregiver.org](http://www.caregiver.org)**.