

STOCKTON COLLEGE

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY



Educational Partnership Between the Stockton Center on Successful Aging and the Health Center at Galloway Continues into 2011

First Seminar of the New Year to Take Place Feb. 2

For Immediate Release

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Contact: Tim Kelly
Office of Public Relations
Galloway Township, NJ 08240
Tim.Kelly@stockton.edu
(609) 652-4950

Galloway Township, NJ- Family caregiving for the frail elderly accounts for 78% of all long-term care services in the U.S. today, according to the Family Caregiver Alliance. This burden is expected to intensify as adults live longer and suffer from more chronic conditions, as the baby boom generation ages, and as the new approach to "aging in place" takes hold.

Aging in place refers to the choice made by the elderly to age at home versus at an elder care facility.

A seminar, entitled "Working with Caregivers: Effective Strategies," is scheduled for Wednesday, February 2, 2011 from 7:30 a.m. to 9:00 a.m. at the Health Center at Galloway, located at 66 West Jimmie Leeds Road, Galloway, NJ 08205.

The seminar is part of the monthly "First Wednesday" series presented by the Stockton Center on Successful Aging (SCOSA) in conjunction with the Stockton Division of Continuing Studies and the Health Center at Galloway.

Dave Burdick, SCOSA director, said, "Community-based services for older adults must continue to develop, and to be effective must work closely with family caregivers."

Presenter Christine A. Gayda, Ph.D., notes that the objectives for this session are to differentiate between caregiver burden and burnout; identify techniques for assessing caregiver stress; increase awareness of external community resources to share with caregivers; and to utilize the list of "Caregiver Rights" designed by the American Heart Association. Dr. Gayda is SCOSA's service chair and visiting assistant professor of psychology. She is a NJ licensed psychologist and clinical neuropsychologist.

The seminars, designed for professionals, para-professionals and other caregivers who work with older adults are free of charge and include a full breakfast.

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Upon completion, participants will receive 1 CE for social workers, marriage and family therapists, and licensed professional counselors. Online advanced registration is required by 5:00 p.m. on Monday, January 31, 2011 and can be accessed via the SCOSA website at www.stockton.edu/scosa.

For more information, contact Sherri Ridgway at (609)-748-9100 or SCOSA at (609)-652-4311.

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