



# Stockton Center on Successful Aging Presents “*Family Caregiving*” Information Workshop on Nov. 27

Event is Free and Open to the Public

## ***For Immediate Release***

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**GALLOWAY TWP., NJ** - The Stockton Center on Successful Aging (SCOSA) offers a free “Family Caregiving” workshop on November 27, 2012 at 11:00 am in the Galloway Township Branch of the Atlantic County Library, 306 East Jimmie Leeds Road, Galloway.

This workshop addresses a growing need in our communities. Caregiving by family members or close friends is on the rise as older adults live longer. There is often an increased need for assistance with various activities of daily living. Also, many individuals are living with diseases that progress to a need for 24 hour care.

Dr. Christine Gayda will discuss the differences between caregiver burden and caregiver burnout and present strategies for coping with the various demands of a being a caregiver. In addition, the importance of self-care for caregivers and the “Caregiver’s Bill of Rights” will be discussed. Dr. Gayda is a NJ licensed psychologist and neuropsychologist, a Visiting Assistant Professor of Psychology at The Richard Stockton College of New Jersey and SCOSA’s Service Chair.

For additional information, Visit the SCOSA website for updates at [www.stockton.edu/scosa](http://www.stockton.edu/scosa) or call 609-626-3591.

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