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Franklin County Office on Aging to Host iCare Caregiver Conversation, Featuring Expert Panel and Community Discussion

Columbus, Ohio – The Franklin County Office on Aging (FCOA) is excited to announce its upcoming iCare Caregiver Conversation, a special event aimed at supporting caregivers in Franklin County. The event, which will be held on Thursday, Oct. 17, from 6 p.m. to 8 p.m. at Venture Suites, will offer caregivers a welcoming space to connect, share experiences and access vital resources.

Caregivers play a vital role in the well-being of their loved ones, often managing their caregiving responsibilities while balancing personal and professional lives. This event is designed to celebrate their dedication and provide practical tools, strategies and emotional support to help caregivers thrive in their essential roles.

"The iCare panel discussion on caregiving is essential because it provides a unique opportunity to gain insights from experts and individuals with lived experience," said FCOA Director Chanda Wingo. "Caregiving plays a crucial role in supporting the well-being of older adults, yet it comes with complex emotional, physical and financial challenges."

Event highlights include a panel discussion from caregivers and experts who will share practical advice on managing caregiving responsibilities. Moderated by Director Wingo, panelists include representatives from the Alzheimer's Association, First Church of God and The Steward Firm. An interactive discussion with fellow caregivers will also take place to share their experiences and solutions in a safe, supportive environment.

"By participating in this discussion, you can learn practical strategies for providing care, understand the latest resources available and explore the emotional aspects of caregiving," Wingo stated. "Moreover, it fosters a supportive community where caregivers can share experiences, ask questions and connect with others facing similar responsibilities. Ultimately, attending this event will empower you with knowledge and support to navigate the caregiving journey more effectively."

The event is free and is open to the public. Space is limited, so registration is required and can be done by visiting <u>https://bit.ly/CARECONVO</u>.

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The Franklin County Office on Aging (FCOA) provides centralized access to diverse services and programs that assist older adults, dependent adults and their families in the maintenance of independent living. Learn more at <u>officeonaging.org</u> and follow FCOA on <u>Facebook</u>, <u>Instagram</u>, <u>X (formerly Twitter)</u>, <u>LinkedIn</u>, <u>TikTok</u> and <u>YouTube</u>.