

The Pennsylvania Department of Aging

Presents

Practical Strategies for Lowering Caregiver Stress

Available November 22, 2013



Featuring Dr. Steven H. Zarit

Caregivers of older individuals often experience high levels of stress that put them at risk of physical and mental health problems. Dr. Zarit will describe some successful methods of lowering caregiver stress and what a family caregiver caring for a person with dementia needs to know.

Dr. Zarit is a Distinguished Professor and Head of the Department of Human Development and Family Studies at the Pennsylvania State University.

This video presentation will be made available starting **November 22, 2013** on the Pennsylvania Department of Aging's website www.aging.state.pa.us.

For more information on this video or other resources for caregiving, email ra-pacaregiver@pa.gov or call (717) 783-1550.

