



**FOR IMMEDIATE RELEASE**

**Oct. 4, 2011**

**SPANISH-SPEAKING CAREGIVERS PROVIDED “UN DESCANSITO” – “A LITTLE REST”**

**(Phoenix, AZ)** Caring for a frail loved one can be emotionally stressful and financially challenging. According to the National Alliance for Caregiving, there are more than 65 million people in the United States caring for family members or friends who are chronically ill, disabled, or aged.

**Duet™** is presenting a conference to Spanish-speaking caregivers that focuses on coping skills and helpful caregiving information. Conference topics include:

- Caring for Someone with a Chronic Disease: Programs and Resources
- Healthy Living and Exercise
- Dementia Care
- Family Communication
- Community Resources

Research has shown caregivers face extreme stress and this segment of our population frequently puts their loved one’s health before their own. In caregivers, this stress has been proven to affect their immune systems, making them more susceptible to chronic illnesses.

“Taking care of ‘you’ is an important part of the caregiver journey,” said Brett Petersen, Director of Caregiver Services at Duet. “This conference will help caregivers better handle the challenges they face. It’s particularly important to present this information in Spanish to Spanish-speakers. It’s also important caregivers find time to relax and enjoy themselves because being a caregiver is often very stressful.”

**WHO:** Spanish-speaking family caregivers are invited to participate in this important event.

**WHAT:** “*Un Descansito*” is a conference for family caregivers – provided in Spanish.

**WHERE:** Mesa Active Adult Center, 247 N. Macdonald Street, Mesa, AZ, 85201

**WHEN:** Thursday, October 27, 8:30 a.m. - 1:30 p.m.

**COST:** \$3.00 per person includes breakfast, lunch, and information packets, as well as entertainment by the mariachi band, Mexico Nuevo.

**WHY:** To provide Spanish-speaking caregivers the support they need to better handle the challenges of being a family caregiver.

**HOW:** To reserve a spot for Un Descansito, email [Petersen@duetaz.org](mailto:Petersen@duetaz.org) or call Duet at (602) 274-5022. This event is presented in partnership by Duet and Area Agency on Aging, Region One.

**Duet™** is a local non-profit organization that promotes health and well-being through a broad range of services to homebound adults, caregivers, faith communities and grandparents raising grandchildren. [www.duetaz.org](http://www.duetaz.org)

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