

# Free Family Caregiver Webinar

## Strategies for Successful Caregiving

by

**Elaine Poker-Yount**

March 27, 2024



### Seeing the Forest While You're Stuck in the Trees

Success as a caregiver comes as much from a certain mindset as it does from effective techniques.

Frustration, anger, embarrassment, exhaustion, and guilt are the most common emotions with which caregivers struggle.

Elaine Poker-Yount will share eleven strategies to help you overcome these crippling emotions, establish attainable goals, find appropriate focus for your unique situation, and direct you to pertinent and meaningful avenues for success.

### Elaine Poker-Yount

Elaine wears many hats. She is the director of Dementia Care and Community Outreach at Visiting Angels East Valley, the owner and conference director of Successful Aging AZ, and a family coach focusing on aging and dementia care.

For the past eleven years she has authored a monthly column in The Arizona Republic titled "Successful Aging" in which she shares resources and tips for families and caregivers.

Elaine also chairs the Memory Café in Sun Lakes, is co-chair of Dementia Friendly Sun Lakes, and serves on the Board of Directors for the Arizona In-home Care Association.

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**Date:** Wednesday, March 27, 2024  
**Time:** 10 – 11:30 a.m. MST  
**Location:** Virtual, using Zoom  
**Cost:** Free of charge  
**Register:** [Click here](#)

If you require assistance, please contact Deanne Poulos:  
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