



# Prairie View

## **For Immediate Release**

**Prairie View, Inc. - 1901 E. First St. - Newton, KS 67114**

Contact: Sara Lyon  
Director of Communications

April 6, 2010  
316-284-6381

### **Prairie View to Offer Caregiver Training Seminar in Kingman**

Newton, Kan. – Prairie View will host a two-part educational seminar for caregivers of older adults on Tuesday, April 20, and Tuesday, May 4, in the Kingman Senior Center, 305 N. Cedar, from 6 to 8 p.m.

Sessions will be led by Janet Carrier, LSCSW, CSW-G, of Prairie View. Carrier holds master's degrees in Gerontology and Social Work, and has worked with older adults through Prairie View since 1998.

“This seminar is different,” said Joan Brubacher, LSCSW, of Prairie View’s Older Adult Services staff and seminar organizer. “It’s really to help caregivers manage the stressors of caregiving by giving them useful education and training as well as support. The seminar will offer possibly new perspectives giving them tools to help manage their role as a caregiver.”

The April 20 session will begin the series with the exploration of caring for the caregiver while dealing with transitions and difficult behaviors and changes.

The May 4 session will conclude with discussing medical and safety issues with the help of Dr. Victoria Moots from Donley Memorial Clinic. She will share her expertise regarding medications and symptoms for anxiety, depression, dementia, Parkinson’s, pain issues and other concerns.

*-more-*

Providing care for others and focusing on another person's needs can be stressful on the caregiver. Over 60 percent of caregivers die before their care receiver. Some estimates suggest that the symptoms of emotional distress such as anger, frustration and anxiety are reported by over 85 percent of caregivers.

"Caregivers can benefit from caregiver services including education," said Brubacher. "It's so important for the caregiver to gather information and evaluate the available options so they can be better equipped to make informed decisions for their loved one."

Prairie View also offers individual counseling and consultation and telephone consultations, as well as packets of helpful information for the caregiver.

"Caregiving is an honorable profession and can be a blessing to the care receiver and the caregiver, but it's vitally important that the caregiver remembers self-care so he or she does not become a secondary victim," said Brubacher.

The program, sponsored by Prairie View, Kingman County Council on Aging and South Central Kansas Area Agency on Aging is free of charge. Registration is not required but it is encouraged.

To register, call Judy Albright at 620-532-5744. For more information, call Brubacher at 316-284-6400 or 800-362-0180.

Prairie View is a faith-based, private behavioral and mental health services provider, offering a complete range of behavioral and psychiatric services for children, adolescents, adults and older adults, as well as consultation services to businesses and organizations. In addition to the main campus, including outpatient offices and a psychiatric hospital in Newton, Prairie View has outpatient locations in Hillsboro, Hutchinson, McPherson and Wichita.