

You are a Caregiver of an Older Adult if:

- **You give direct care to a person 60 or over.**
 - **You visit a nursing home resident who is 60 or over.**
 - **You provide routine assistance to a neighbor who is 60 or over.**
 - **You maintain telephone contact with a friend or family member who is 60 or over.**
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Announcing Caregiver Resource Group 2009-2010*

Time: 5:30-7:00 pm

Location: Annie Richardson Bass Living Room (ARB 107).

Dates: TCU's caregiver resource group meets the **First Thursdays of each month** except in December, January and April. Dates for 2009-2010 are:

October 1
November 5
December 10
January 14
February 4
March 4
April 8
May 6
June 3
July 1
August 5
September 2

Please invite other TCU employees or friends who are caregivers of older adults. Thanks.

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Linda Cox Curry, PhD, RN
Charles A. Walker, PhD, RN
Harris College of Nursing & Health Sciences

[TCU Harris College of Nursing & Health Sciences Caregiving Resources](http://www.harriscollege.tcu.edu/223.htm)
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