



FOR IMMEDIATE RELEASE

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Capital Caring to Host Free Family Caregiver Event and Expo

A Celebration for Those Who Provide a Vital but Unappreciated Role

Falls Church, Virginia – November is typically a time when families gather for the holidays and celebrate quality time with friends. But for families who are providing care for their loved ones facing advanced illness and deteriorating health, the holidays may also bring additional stress and challenges.

There are approximately 43.5 million caregivers in the United States providing support to their loved ones, and the month of November has been designated as National Family Caregivers Month. To celebrate and support family caregivers, Capital Caring will host its first Caregiver Expo on Saturday, November 10 at Washington-Lee High School in Arlington, Virginia.

The event is being presented in partnership with WJLA-TV and AARP, and will take place from 9 a.m. to 3 p.m. The expo is free and will feature information highlighting resources and support programs available to family caregivers, including home care services, financial and estate planning, elder law, and information sessions on such topics as Alzheimer's and Dementia, Preservation of Assets, and Caring for the Caregiver. Free health screenings will be offered as well as free massages. Free respite care will be provided upon request to enable caregivers to experience the event.

“In addition to providing quality and compassionate care to our patients with advanced illness, we are excited to have an opportunity to recognize and support family caregivers at our inaugural Caregiver Expo,” said interim CEO, Tom Koutsoumpas. “Serving patients with advanced illness and

supporting their families is at the heart of our mission. Our entire team of clinicians, social workers, chaplains, volunteers, counselors, and staff is focused on helping our patients and their families make the most of every moment.”

For more information or to register for this event, visit www.capitalcaring.org/caregiverexpo.

ABOUT CAPITAL CARING

Since 1977, Capital Caring has simply improved care for those facing life-limiting illness through direct support of patients and their families, public education and advocacy. Since its inception, Capital Caring has provided hospice, palliative care, and counseling to nearly 120,000 patients and their families. Almost 800 employees and 1,000 volunteers provide these services to nearly 1,400 patients each day. As one of the nation's oldest and largest non-profit providers of hospice and palliative care, Capital Caring is proud to provide nearly \$3.3 million in charitable care to families in need annually. To learn more about Capital Caring, visit www.capitalcaring.org or call 800-869-2136.