

**2016 U.S.C. UCEDD
Issues in Intellectual & Developmental Disability (I/D.D.)
What People with Disabilities and Families Need to Know
17th Webinar in a Series**

**Webinar on
Taking Care of Yourself as Caregiver
of a family member with a developmental disability**

Speaker: Sandy Magaña, PhD

Professor of Disability and Human Development at the University of Illinois at Chicago

**Thursday, July 28, 2016
10:00-11:00 a.m. Pacific Time**

Join us to learn:

- Research on mental and physical health of caregivers, including that of Latinos and African Americans
- Recognizing the importance of caring for yourself as a caregiver
- Recognizing signs of stress and depression
- Including others in caregiving
- Setting health goals for yourself



This FREE webinar is designed for family members, people with developmental disabilities, and advocates. It will include a presentation and Q & A session. Professionals are welcome to attend; however, questions from people with disabilities and family members will be given priority.

Please register by July 27, 2016 at:

<http://www.uscucedd.org/upcoming-events>

Any questions? Contact Michelle Rojas-Soto at mrojassoto@chla.usc.edu or (323) 361-4617

Note: You will need a computer with internet access to view the presentation. You may listen using a phone or your computer speakers.

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