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**AARP Virtual Family Caregiving Fair on November 19
Makes Connecting to Caregiving Solutions Easy**

Visit aarp.org/familycarefair on Thursday, November 19 at 12pm – 4pm EST

WASHINGTON, DC— AARP is hosting its first-ever [Virtual Family Caregiving Fair](http://aarp.org/familycarefair) on November 19 from 12pm – 4pm EST. From the comfort of a home or office, a caregiver can register and join the free fair online at aarp.org/familycarefair.

During the virtual fair, a caregiver can tour the exhibit hall with over 15 booths showcasing various caregiving resources and programs, enter a “mix and mingle” lounge to connect with experts and other caregivers through online chats, visit a virtual auditorium to view scheduled and on-demand presentations and videos, and explore a library with additional resources for caregivers.

“No one understands the challenges of caregiving like another caregiver,” said Amy Goyer, AARP family and caregiving expert and author of the new award-winning book [Juggling Life, Work, and Caregiving](#). “AARP’s Virtual Family Caregiving Fair will give the nation’s 40 million caregivers access to experts, ideas and fellow caregivers to find solutions to help themselves and their loved ones.”

Goyer will be available throughout the fair to offer caregiving tips in an online chat room where participants can share their stories and ask questions. She currently lives with her 92-year-old father, who has Alzheimer’s disease, and her personal experience caring for her grandparents, parents and sister helped shape her newest book.

Tasty Recipes, Tools and Technology

In addition to tips for care, participants can get tasty, quick and easy recipes from Master Chef Martin Yan of “Yan Can Cook.” Certified Financial Planner Lee Baker will answer caregivers financial questions live, and caregivers can tap into the latest technology and see how AARP’s Caregiving App can help them organize and privately share information about appointments and tasks with family members and other caregivers.

#BeKindtoCaregivers Contest

The Virtual Family Caregiving Fair is part of a new AARP National Caregiving Awareness Campaign that includes a contest encouraging people of all ages to be kind to caregivers. The Random Acts of Kindness for Caregivers contest continues through March and urges people to share a simple act of kindness with a caregiver and then submit their story and a photo to the

contest website found at www.aarp.org/caregiverkindness. AARP will select 12 winners who have made a meaningful difference in the lives of family caregivers. The winners will share a \$10,000 prize.

To learn more about caregiving resources, visit the AARP Caregiving Resource Center at <http://www.aarp.org/caregiving>.

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About AARP

AARP is a nonprofit, nonpartisan organization, with a membership of nearly 38 million, that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families such as healthcare, employment and income security, retirement planning, affordable utilities and protection from financial abuse. We advocate for individuals in the marketplace by selecting products and services of high quality and value to carry the AARP name as well as help our members obtain discounts on a wide range of products, travel, and services. A trusted source for lifestyle tips, news and educational information, AARP produces AARP The Magazine, the world's largest circulation magazine; AARP Bulletin; www.aarp.org; AARP TV & Radio; AARP Books; and AARP en Español, a Spanish-language website addressing the interests and needs of Hispanics. AARP does not endorse candidates for public office or make contributions to political campaigns or candidates. The AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. AARP has staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands. Learn more at www.aarp.org.

