

# Proskauer Caregivers Network: Balancing Career and Caregiving

The Proskauer Caregivers Network (PCN) hosted an installment of its ongoing speaker series which provides ideas and inspiration to those who are balancing career and caregiving responsibilities.

The event featured Kari Berit, an elder care educator, radio show host and author of the book, *The Unexpected Caregiver*. Kari's upbeat, practical and solutions-orientated talk covered so-called "elephant" issues, caregiver stress and long-term care choices. She provided participants with tips on how to connect with loved ones through humor, common sense and meaningful dialogue.

The PCN, which was launched early in 2015, focuses on the needs and concerns of lawyers and staff who devote significant time to caring for children, parents, other family members and friends. The network serves as a resource for our professionals in handling their caregiving obligations.