

Challenges in Caregiving:

Giving *Care*
Taking *Care*

A Conference for Caregivers

June 4, 2007

Tukwila Community Center
Tukwila, Washington

Conference Hosts



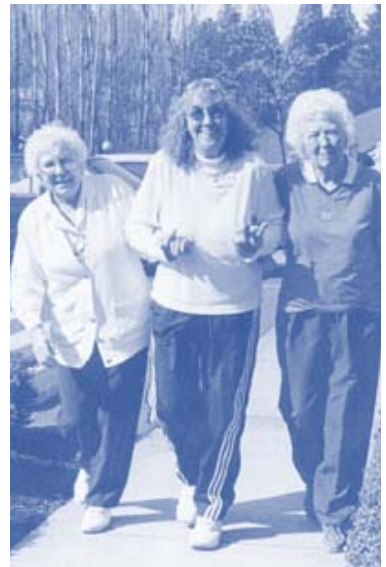
ADSA Aging & Disability
Services Administration



Contributors



Korean Women's Association
Mental Health Division, DSHS





Challenges in Caregiving

Giving Care Taking Care



June 4, 2007

A Conference for Caregivers

This conference is designed for family and paid caregivers and offers practical, up-to-date resources and information to help you in your caregiving responsibilities.

Training

Dynamic speakers from a variety of backgrounds, including nursing, social work, and law, will share their expertise and knowledge in twenty sessions offered throughout the day.

You choose the sessions you need most in your own situation.

Resource and Information Exhibits

Exhibitors will offer informational displays of caregiving products, services, and literature from 8am - 3pm.

Staff from major health and social service organizations will also be available with information and answer any questions you may have.

Support and Sharing with Other Caregivers

During breaks, lunch, and the late afternoon reception, compare notes and learn from others in similar situations.

Who Should Attend?

- Family caregivers caring for an adult or senior with chronic illness or disability
- Adult children concerned about aging parents
- Parents caring for adult children with disabilities
- In-home caregivers, individual providers, home health or home care staff
- Adult family home providers
- Staff at assisted living or adult day care centers
- Health or social service professionals interested in caregiving issues

Registration Information

You must preregister. No registration will be possible at the conference.

Register Early: Space is limited! Registrations are accepted on a first come, first served basis. Register before May 21 to be eligible for the early registration fee listed below. Registration after May 21 is available as space allows.

Registration Fee: Register before May 21 to be eligible for the early registration fee of \$25 for individual caregivers and \$50 for agency-based caregivers. Fees increase by \$5 after May 21.

Scholarships are available on a limited basis for unpaid family caregivers.

Confirmation: A written confirmation letter with driving directions will be mailed to you if your registration is received by May 21. Please call 360-725-2544 or 1-800-422-3263 if you don't receive a confirmation letter by May 31.

Please bring your confirmation letter with you the day of the conference.

Group Registrations: Register each individual attending the conference on a separate registration form.

Registration forms may be photocopied as needed.

Payment may be combined and attached to multiple registrations stapled together.

Be sure to indicate the agency name on the registration and the check.

If your agency is registering for you, respond early to allow time for the check and registration to be sent **BEFORE** the registration deadline to avoid disappointment!

Cancellation: Fee is refundable if your request is made before May 21. There are no refunds after that date.

Accommodations for People with Disabilities

The conference site is wheelchair accessible.

If you need reasonable accommodations (such as special seating or a listening device), mark the appropriate box on your registration, indicate what type of assistance you need, and mail by May 21.

Conference staff will call you and help make necessary arrangements.

Respite Care

If you are an unpaid family caregiver and need help finding respite care for your family member in order to attend this conference, mark the appropriate box on your registration, and mail by May 21.

Conference staff will contact you and help you arrange respite care services.

Continuing Education Hours

This conference counts towards 5 hours of required continuing education (CE) training for adult family home and boarding home caregivers.

Individual Providers and agency home care workers may be able to receive credit. Check with your Area Agency on Aging to see if it has been approved for CE in your area.

Tukwila Community Center Conference Location

**12424 42nd Ave. South
Tukwila, WA 98168**

The center is approximately one mile off I-5, exit #156, and five miles from SeaTac Airport.

Detailed directions will be mailed with your confirmation.

Special room rates and free shuttle service to the conference center are available at the SeaTac Courtyard by Marriott for overnight guests. The reduced rates will be offered until two weeks prior to the conference.

For reservations, please call the Courtyard by Marriott at 1-800-321-2211. Tell the reservations desk you are attending the Caregiver Conference.



Resource Exhibitors

AARP Washington
Advanced Health Care
Aging and Disability Services Administration
Alzheimer's Association Western and Central Washington State
Amicable Healthcare, Inc
Arcadia Health Care
Armstrong In-Home Care
At Home Care
Catholic Community Services
Community Services for the Blind and Partially Sighted
Daystar Retirement Village
ElderHealth Northwest
ElderMove Alliance
Evergreen Healthcare, Home Health and Hospice Services
Family Resource Home Care
Gentiva Health Services
Good Samaritan Community Services
Good Samaritan Home Health and Hospice
Highline Specialty Center
Home Instead Senior Care
Incontinent Solutions, Inc
Korean Women's Association
Lifeline
Lutheran Community Services, Northwest
Mental Health Division, DSHS
Mobility Concepts, Inc
Normandy Mortgage, Inc
Northwest Health Watch
Pierce County Aging and Long Term Care
Providence Hospice of Seattle
Providence Senior and Community Services
Radcliffe Place and Evergreen Court
Referral and Workforce Resource Center
Senior Services Information & Assistance Caregiver Program
Soundview Medical Supply
The SASH Program (Selling Advantage for Senior Homeowners)
Village Concepts, Inc
Visiting Angels



Challenges in Caregiving: Giving Care, Taking Care Workshops

June 4, 2007

8:00	Registration	Coffee and Resource Exhibits
9:00	Welcoming Remarks	
9:10-10:15	Keynote Caregiving: How to Find the Strength, Humor, and Support You Need – Donna Benton, PhD	
10:15-10:45	Break	Refreshments and Resource Exhibits
10:45–12:00 Concurrent Workshops	<p>A1 Life is Stressful: How You CAN Deal with It Donna Benton, PhD – Executive Director - Los Angeles Caregiver Resource Center Stress is an unavoidable part of life. Come and learn how to manage your stress so that it doesn't manage you. Strategies covered in this workshop will include physical relaxation techniques and deep breathing. (Will be repeated as C2)</p> <p>A2 Feelings: Recognizing and Coping with Anger, Guilt and Grief John Gibson, DSW, MSW – Consultant, Counselor, and Trainer The relationship between caregiver and care receiver can be intense, complex, rewarding, and frustrating. This workshop will help you recognize many different emotions, sort through confusing and contradictory feelings, and develop strategies for managing feelings such as anger, guilt, shame, and grief. (Will be repeated as B2)</p> <p>A3 Community Resources: Negotiating the Maze of Long-Term Care Sally Friedman – Caregiver Advocate, Senior Services, Seattle; Joanne McMahon, MSW – Director of Social Work - Alzheimer's Association Western and Central WA Chapter Many programs and services exist in local communities to help older adults, adults with disabilities, and their caregivers. Learn how the Family Caregiver Support Program can help you navigate the maze of local long-term care services and identify the right services at the right time for you.</p> <p>A4 Legal and Financial Issues in Caregiving Daniel F. Farr, Attorney-at-Law – Member, Estate and Elder Law WA State Bar Association and US District Court Western District Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness. Durable powers of attorney, guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Will be repeated as B4)</p> <p>A5 Compassionate Care: The Journey of Care at the End of Life Bonnie Letinich, MSW, LICSW – Coordinator, Palliative Care Program, Evergreen Healthcare; Assistant Clinical Professor, UW The journey of care at the end of life offers compassionate opportunities for those involved. The presenter will discuss how to talk, listen, and compassionately be with another person through illness and dying.</p> <p>A6 Supporting Persons With Developmental Disabilities and Challenging Behaviors Tom James, PhD – Field Services Psychologist - Division of Developmental Disabilities Region 5 People with developmental disabilities can also experience mental illness or other issues that increase the likelihood of their exhibiting challenging behaviors. The presenter will discuss how to determine and address the causes of challenging behaviors, promoting an improved quality of life and positive behaviors, while providing respect, dignity, and personal choice.</p>	
Choose one to attend		
12:00-1:15	Luncheon	
1:15–2:30 Concurrent Workshops	<p>B1 Dementia: Communication Strategies to Ease Agitated Behaviors Julee Carper Clark, MA, LMFT – Individual and Family Psychotherapist - Dementia Care Consultant Agitated behaviors often occur in individuals with Alzheimers, vascular dementia, or related conditions. Angry outbursts, resisting care, even hitting are very upsetting for caregivers and the person with dementia. Discover how good communication skills will help calm a person's agitation and reduce unwanted behaviors. (Will be repeated as C1)</p> <p>B2 Feelings: Recognizing and Coping with Anger, Guilt, and Grief John Gibson, DSW, MSW – Consultant, Counselor, and Trainer The relationship between caregiver and care receiver can be intense, complex, rewarding, and frustrating. This workshop will help you recognize many different emotions, sort through confusing and contradictory feelings, and develop strategies for managing feelings such as anger, guilt, shame and grief. (Repeat of A2)</p>	
Choose one to attend		

B3 Family Relationships: Conflict and Cooperation

Karen Kent, MSG – Clinical Supervisor, Geriatric Regional Assessment Team - Evergreen Healthcare

The dynamics of a caregiving situation may create conflict among family members. Insights into traditional family roles and underlying relationship problems can help families deal more effectively with interpersonal issues. The presenter will offer strategies for improving communication, promoting cooperation, and coping with conflict.

B4 Legal and Financial Issues in Caregiving

Daniel F. Farr, Attorney-at-Law – Member, Estate and Elder Law WA State Bar Association and US District Court Western District

Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness. Durable powers of attorney, guardianship, and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care. (Repeat of A4)

B5 Stimulating Activities for a Bright and Healthy Mind

Allen Tacke, MA, ABS – Geriatric Mental Health Counselor and Creator of the Bright and Healthy Mind Program

Learn how to lead older adults through a series of fun, brain-stimulating exercises. This popular speaker will demonstrate how to conduct mental exercises in an atmosphere that offers encouragement and respect to each participant. Whether you provide care for a family member or in a group setting, you'll come away with highly effective and entertaining ideas to help keep minds active and healthy.

B6 Hiring In-Home Helpers: A Practical Guide to Successful Partnerships

Ron Ralph – Parent/Caregiver

This session will offer practical suggestions to help you find, interview, evaluate, and keep quality in-home helpers. The speaker will also direct caregivers to resources and agencies that can help pay for care.

2:30-2:45	Break	Refreshments and Resource Exhibits
2:45 - 4:00 Concurrent Workshops Please Choose One to Attend	<p>C1 Dementia: Communication Strategies to Ease Agitated Behaviors Julee Carper Clark, MA, LMFT – Individual and Family Psychotherapist - Dementia Care Consultant Agitated behaviors often occur in individuals with Alzheimer's, vascular dementia, or related conditions. Angry outbursts, resisting care, even hitting are very upsetting for caregivers and the person with dementia. Discover how good communication skills will help calm a person's agitation and reduce unwanted behaviors. (Repeat of B1)</p> <p>C2 Life is Stressful: How You CAN Deal with It! Donna Benton, PhD – Executive Director - Los Angeles Caregiver Resource Center Stress is an unavoidable part of life. Come and learn how to manage your stress so that it doesn't manage you. Strategies covered in this workshop will include physical relaxation techniques and deep breathing. (Repeat of A1)</p> <p>C3 Keeping Your Back on Track: Transfer Skills and Back Injury Prevention Peg Maas, PT – Physical Therapist - Swedish Medical Center Most back injuries occur as a result of repeated, daily stress on the back. This interactive workshop provides practical information on basic body mechanics and care of your back during all your everyday activities. The speaker will demonstrate safe techniques for transferring an impaired person and assistive devices that will make the job easier for you and for the person you're assisting.</p> <p>C4 Getting the Help You Need from Those Around You John Gibson, DSW, MSW and Judy Pigott, BA, ME – Educators, Trainers, Consultants Often caregivers find it difficult to ask for help even when they are providing more care than they can comfortably give. This workshop will cover how to ask for and accept help, clarify your preferences, and maintain the support from others.</p> <p>C5 Positive Relationships through Better Communication Sally Friedman and Daria Sawochka – Caregiver Advocates - Senior Services, Seattle Communication, like relationships, is a two-way street. Good communication helps you be a more effective caregiver and can help prevent or clear up any misunderstandings and confusion quickly. Come learn, share, and practice ways to improve your communication.</p> <p>C6 Giving Care & Taking Care: A Discussion Group Joanne McMahon, MSW – Director of Social Work - Alzheimer's Association Western and Central WA Chapter The challenges of "giving care and taking care" create difficult situations and dilemmas for family members. This information sharing and support session provides the opportunity to discuss major concerns and daily frustrations with other caregivers and a professional facilitator. Listen, learn, and share your experiences with other people in similar circumstances.</p>	
4:00	Celebration of Caregiving Reception	Refreshments and Door Prizes



Registration

Register by
May 21, 2007

Register only one person per registration form.
Photocopy the form for additional attendees.

Name _____ Phone (____) _____ - _____

Address _____ Agency _____
 Work Home (If applicable)

City _____

State _____ Zip _____ County _____

Have you attended the conference before? Yes No

How did you hear about the conference? AARP Washington Update Mailed brochure DSHS/ADSA website
 Friend/family Support Group Daily newspaper Senior newspaper AARP website Newsletter My workplace

Please give us the following information for the day of the conference.

▶ Circle your workshop choice for each time period. *If you aren't sure, please make your best guess.*

Session A (10:45 - Noon)	A 1	A 2	A 3	A 4	A 5	A 6
Session B (1:15 - 2:30)	B 1	B 2	B 3	B 4	B 5	B 6
Session C (2:45- 4:00)	C 1	C 2	C 3	C 4	C 5	C 6

The workshop schedule is on the back of this brochure.

▶ Meal Selection

A box lunch will be provided. I would prefer a vegetarian meal.

▶ Accommodations for people with disabilities

I will need special accommodations in order to attend the conference.

Every effort will be made to provide reasonable accommodations such as special seating or listening devices. Send your registration in **by May 21, 2007** and you will be contacted by conference staff. **Describe help needed in the space below.**

▶ Respite care

I am an unpaid family caregiver and will need help to provide care for my relative while I attend the conference.

Send your registration in **no later than May 21, 2007** and you will be offered information on resources that may assist you in making arrangements. **Describe help needed below.**

▶ Please check the appropriate boxes below.

I am an individual caregiver: _____ →

<input type="checkbox"/> Family caregiver (unpaid)	<input type="checkbox"/> Adult Family Home Provider
<input type="checkbox"/> Volunteer caregiver	<input type="checkbox"/> COPEs Individual Provider
<input type="checkbox"/> Chore/Medicaid Individual Provider (not working for an agency)	

\$25 fee before May 21 - \$30 after *

I work for an agency as: _____ →

<input type="checkbox"/> Home Health Aide	<input type="checkbox"/> Respite Worker
<input type="checkbox"/> Chore, COPEs or Medicaid Personal Care Aide	<input type="checkbox"/> Adult Day Care Staff
<input type="checkbox"/> Assisted Living/Boarding Home Staff	<input type="checkbox"/> Geriatric Mental Health Specialist
<input type="checkbox"/> Other social services or health professional	

\$50 fee before May 21 - \$55 after *

* All fees include a continental breakfast, box lunch, all workshops, and reception.

TOTAL ENCLOSED: \$ _____ Check # _____		No refunds after May 21, 2007
Make check payable to: ElderHealth Northwest	Agencies Only:	
Mail registration and fee to: Cindy Irwin	No Purchase Orders accepted.	
ElderHealth Northwest	Indicate the agency name on the check.	
800 Jefferson Street	Questions? Call 360-725-2544 or 1-800-422-3263	
Seattle, WA 98104		

