

giving care • taking care
A CONFERENCE
FOR FAMILY CAREGIVERS
Monday, June 1, 2015

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TUKWILA COMMUNITY CENTER



CONFERENCE HOSTS



CONFERENCE SPONSORS

- AARP Washington
- Seattle-King County Aging and Disability Services

GIVING CARE • TAKING CARE WORKSHOPS

8:00	REGISTRATION Coffee & Resource Exhibits	
9:00	Welcoming Remarks	
9:15-10:15	KEYNOTE Beyond the Physical: Caring for the Needs of the Spirit Wendy Lustbader, MSW; Affiliate Associate Professor, UW School of Social Work	
10:15-10:45	BREAK Refreshments & Resource Exhibits	
10:45–12:00 [A] Concurrent Workshops Choose 1 to attend	<p>A1 Dementia Basics: Understanding Behaviors and How You Can Help Michael A. Bower, BA, ACC; Education Coordinator, Alzheimer’s Association Repeating questions, refusing to take a bath or being overly suspicious are common behaviors for people with dementia. Understanding the disease process and how it leads to such behaviors allows you to develop new ways to respond to frustrating situations. This workshop offers communication tips and behavior strategies for early, middle and later stages of dementia. (Repeated as C1)</p> <p>A2 Feelings: Recognizing and Coping with Anger, Guilt and Grief John Gibson, PhD; Consultant, Coach and Speaker 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 and grief.</p> <p>A3 Legal and Financial Issues in Caregiving: What You Need to Know Now Julianne Kocer, JD; LL.M; Elder Law and Estate Planning Attorney 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 your choices and quality of life. You will learn about what legal documents you must have in place when planning for future care needs or disability. (Repeated as B3)</p> <p>A4 Movin’ and Groovin’: Increasing Physical Activity in People with Chronic Illness or Disability Eva Montee, BA; Certified Fitness Specialist and Creator of Chairobics of Oregon Come and join this fun, safe, energetic session while sitting in a chair. Learn a variety of exercises that are easy to adapt and suitable for people with physical or cognitive disabilities, and most chronic illnesses. You will learn exercises for strength and balance ... a must for preventing falls.</p> <p>A5 The More You Know, the Better You’ll Eat Shelly Zylstra, PhD This workshop will simplify current guidelines for a healthy diet, including recommendations for people with heart disease and diabetes. You will hear practical, budget-minded suggestions including how to use nutrition labels to help plan snacks and meals that are appealing and easy to manage.</p> <p>A6 Changing Roles and Mixed Emotions: When Spouses or Partners Become Caregivers Wendy Lustbader, MSW; Affiliate Associate Professor, UW School of Social Work Caregiving changes a couple’s relationship. This workshop will look at the shift in roles for each partner: changes in intimacy; feelings of loss, grief and anger; and the balance between power and dependency. Explore possible ways to adapt when needs and abilities change.</p>	
12:00-1:00	LUNCHEON	
1:00–2:15 [B] Concurrent Workshops Choose 1 to attend	<p>B1 Is Someone Pushing Your Buttons? Dealing with Difficult Personalities Wendy Lustbader, MSW; Affiliate Associate Professor, UW School of Social Work Certain personality traits are difficult to deal with in daily life. People who are demanding, manipulative or overly negative can test the patience of even the most loving caregiver. This workshop will help you better understand why a person acts the way they do, look at your own reactions, and learn simple ways to improve your interactions.</p> <p>B2 Reduce the Stress: Helpful Tools for Daily Life Peg Maas, Physical Therapist; Swedish Medical Center Learning how to how to care for yourself, and especially, how to manage your stress is easier said than done. This workshop offers an opportunity to practice everyday techniques that help you relax physically and mentally, to breathe easier and to sleep better. Hear tips on the mind-body connection and finding joy in difficult times.</p>	

Session B workshop choices continue on NEXT PAGE

1:00–2:15

[B]
Concurrent
Workshops
continued

Choose 1
to attend

B3 Legal and Financial Issues in Caregiving: What You Need to Know Now

Julianne Kocer; JD; LL.M.; Elder Law and Estate Planning Attorney

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 your choices and quality of life. You will learn about what legal documents you must have in place when planning for future care needs or disability. (Repeat of A3)

B4 Activities at Home: What Do We Do Now?

Michael A. Bower, BA, ACC; Education Coordinator, Alzheimer's Association

This session will provide caregivers with ideas and tools to create easy, practical and low cost activities for the person with memory loss or other cognitive disability, and for those in need of physical and mental stimulation in their daily life. It focuses on five areas: activity stations, music, reminiscence, food, and the activity bag.

B5 Are We Ready to Talk About Sex Yet? Supporting People with Developmental and Intellectual Disabilities

Theresa M. Fears, MSW; Partnership for Safety Coordinator, The Arc of Spokane

In this lively, interactive workshop you will gain an understanding that sexuality in individuals with developmental and intellectual disabilities is a human need, not a problem. You will be given materials and skills to help you support the people you care for to have healthy and safe romantic relationships that may include sex.

B6 Finding Meaning While Caring for Others: Where Did I Go?

B. Bartja Wachtel, LICSW, MHP; Virginia Mason Neuroscience Institute

In the midst of caregiving, it's easy to lose sight of what matters most in our own lives. Learn how to rediscover your core values, and explore ways to hold on to those things that have meaning in your life. These strategies can improve well-being and increase contentment for those involved in the caregiving experience.

2:15-2:45

BREAK

Refreshments & Resource Exhibits

2:45–4:00

[C]
Concurrent
Workshops

Choose 1
to attend

C1 Dementia Basics: Understanding Behaviors and How You Can Help

Michael A. Bower, BA, ACC; Education Coordinator, Alzheimer's Association

Repeating questions, refusing to take a bath or being overly suspicious are common behaviors for people with dementia. Understanding the disease process and how it leads to such behaviors allows you to develop new ways to respond to frustrating situations. This workshop offers communication tips and behavior strategies for early, middle and later stages of dementia. (Repeat of A1)

C2 Families: Working Together for More Cooperation and Less Conflict

John Gibson, PhD; Consultant, Coach and Speaker

High stress and emotions often create tension among family members in a caregiving situation. This workshop will explore the types of conflicts that can occur and what's behind them. Hear what you can do now to avoid and resolve conflict and to improve cooperation among family members.

C3 The Mindful Caregiver: Exploring Ways to Increase Well-Being

B. Bartja Wachtel, LICSW, MHP; Virginia Mason Neuroscience Institute

Life can be overwhelming at times, and we can't always change the situation. But we can change our responses, and find ways to lessen our stress reactions. The practice of mindfulness can help lead to a feeling of relaxation and a restored sense of well-being. Learn simple techniques that can benefit you and the person you care for.

C4 Is it Depression? Signs, Symptoms and Interventions

George Dicks, BA; Geriatric Mental Health Specialist, Harborview Medical Center, MHP

Depression is common in people with chronic illnesses and in the individuals who care for them. This workshop will help you identify the signs of depression in both the caregiver and the person receiving care. It will provide simple day-to-day interventions and help you recognize when medical help is needed.

C5 Concerned About Falls? Take Steps to Reduce Fall Risks

Colleen Johns, OT/L; Member, Washington State Fall Prevention Coalition

Falls are the leading cause of injuries in older adults, often resulting in hospital stays or loss of independence, yet many falls can be prevented. Make sure you know the factors that increase the risk of falls and steps you can take to stay safe and not to become a statistic!

C6 Be Kind to Your Spine: Easy Back Care Tips for Caregivers Who Bend and Lift

Peg Maas, Physical Therapist, Swedish Medical Center

This interactive workshop provides practical information on basic body mechanics and offers tips for preventing back injuries. 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.

4:00

CELEBRATION OF CAREGIVING RECEPTION

Refreshments & Door Prizes

giving care • taking care

A CONFERENCE FOR FAMILY CAREGIVERS

Monday, June 1, 2015 Tukwila Community Center

A CONFERENCE FOR CAREGIVERS

This conference is designed for family and community 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 health care, rehabilitation, 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 to 3pm. Staff from major health and social service organizations will also be available with information to 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 members caring for an adult or senior with chronic illness or disability.
- Adult children concerned about aging parents.
- Parents caring for adult children with disabilities.
- Long term care workers: assisted living facility, adult family home or home care agency staff.
- Social service, adult day service or mental health professionals who work with family caregivers.

REGISTRATION INFORMATION

■ **Register Early:** Space is limited! Registrations are accepted on a first come, first served basis. Register before May 13th to be eligible for the early registration fee listed below. Registration after this date is available as space allows.

■ **Registration Fee:** Early registration fee of \$30 for individual caregivers and \$50 for agency-based caregivers. After May 13th, fees increase to \$40 (individual caregivers) and \$75 (agency caregivers). *Scholarships are available for unpaid family caregivers. To request a scholarship, call 360-725-2545.*

■ **Confirmation:** A written confirmation letter with driving directions will be mailed to you once your registration is received. If you don't receive a confirmation letter by May 26th, please call 360-725-2544 or 1-800-422-3263. *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—indicating session preferences. 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 13th. There are no refunds after that date.

■ **You must preregister.** Registration will not be possible at the conference.

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 13th. 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 13th. Conference staff will contact you and help you arrange respite care services.

Continuing Education

Certificates of attendance are available for each session attended. Caregivers working for an adult family home, assisted living facility, or home care agency may be able to receive credit towards CE requirements. Talk with your supervisor first.

RESOURCE EXHIBITORS

- AARP
- Advanced Health Care
- Aging and Long Term Support Administration
- Alzheimer's Association Western and Central Washington
- Arcadia Home Care
- Bath Fitter
- Catholic Community Services Long Term Care
- CayCare Elder Care and Senior Living Advisors
- CESCO Medical Supply
- CHC Services
- Crisis Clinic
- DDA/ARC
- Family Resource Home Care
- Fidelis Secure Home
- Full Life Care
- Graham and Graham Eldercare Consultants
- Home Care Referral Registry
- Humana
- Kin On Community Health Care
- KWA Home Care
- Law Offices of Julianne Kocer, P. S.
- Lutheran Community Services Northwest
- Medicare/CBIC
- MultiCare Adult Day Health
- MultiCare Older Adult Services
- National MS Society-Greater Northwest Chapter
- NORCO Medical
- Northwest Parkinson's Foundation
- People's Memorial Association
- Pierce County Family Caregiver Support Program
- Professional Medical Corp
- PROVAIL: Therapeutic and Assistive Technology Clinic
- Rehmke and Flynn, PLLC
- ResCare HomeCare
- Safetyline
- Seattle-King County Aging and Disability Services
- Senior Services of King County Caregiver Program
- Soundview Medical Supply
- Statewide Health Insurance Benefits Advisors (SHIBA)
- Washington Dental Service Foundation

CONFERENCE LOCATION

Tukwila Community Center

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 Courtyard SeaTac Marriott for overnight guests.

The reduced rates will be offered until May 3rd. For reservations, please call the Courtyard SeaTac

Marriott at 425-255-0300. Ask for the Caregiver Conference/DSHS room reservation block.



REGISTRATION

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

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REGISTER BY MAY 13, 2015

Name _____ Phone (_____) _____

Address _____ Agency _____

Work Home

(If applicable)

City _____ E-mail _____

State _____ Zip _____ County _____ Have you attended the conference before? Yes No

How did you hear about the conference? Mailed brochure DSHS/ALISA website Other website
 Friend/family Support group Daily Newspaper Senior newspaper Newsletter My Workplace Other

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 (1:00 - 2:15) 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.

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 13, 2015** and you will be offered information on resources that may assist you in making arrangements. **Describe help needed on a separate piece of paper and include with registration.**

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 13, 2015** and you will be contacted by conference staff. **Describe help needed on a separate piece of paper and include with registration.**

Please check the appropriate boxes below

Cost includes a continental breakfast, box lunch, all workshops & reception

I AM AN INDIVIDUAL CAREGIVER: \$30 fee before May 13th—\$40 after May 13th

Family Caregiver (unpaid) Adult Family Home Staff Volunteer Caregiver In-home Care Worker

I WORK FOR AN AGENCY AS: \$50 fee before May 13th—\$75 after May 13th

Home Health/Home Care Staff Respite Worker Assisted Living Facility Staff
 Adult Day Services Staff Other social services or health professional Geriatric Mental Health Specialist

TOTAL ENCLOSED: \$ _____ Check # _____

No refunds after May 13, 2015

Mail registration and fee to:
Carmen Jones
Full Life Care
800 Jefferson Street, Suite 620
Seattle, WA 98104

Make check payable to:
Full Life Care

Agencies Only:
No Purchase Orders accepted.
Indicate the agency name on
the check.

Questions?
Call 360-725-2544
or 1-800-422-3263