

*giving care • taking care*  
A CONFERENCE  
FOR FAMILY CAREGIVERS  
Monday, June 5, 2017

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FOR FAMILY CAREGIVERS  
Monday, June 5, 2017 Tukwila Community Center



CONFERENCE HOSTS



Pierce County  
Community Connections



CONFERENCE SPONSORS

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

# GIVING CARE • TAKING CARE WORKSHOPS

8:00	REGISTRATION	Coffee & Resource Exhibits
9:00	<b>Welcoming Remarks</b>	
9:15-10:15	<b>KEYNOTE    The Caregiver Roller Coaster</b> Jane Tornatore, PhD, Therapist and Speaker	
10:15-10:45	BREAK	Refreshments & Resource Exhibits
10:45-12:00	<p><b>A1 Right to Risk: Balancing Independence and Safety</b> Jane Tornatore, PhD, Therapist and Speaker</p> <p>Caregivers often struggle with balancing the personal choices and the safety of another person they care about. What can or should they try to control? When is independence more important than safety? Hear how you can clarify your role, and help the person in your care remain as independent as possible.</p> <p><b>A2 Improving Dementia Care: Essential Communication Skills</b> Christine A. Louie, Education Coordinator and Trainer, Alzheimer's Association, WA State Chapter</p> <p>Changes in the communication skills of a person with dementia can be frustrating for both caregivers and care receivers. You will learn to enter the world of the person with dementia, better understand behaviors as a means of communication, and use skills for more effective communication. The session includes a brief overview of dementia basics. (Repeated as B2)</p> <p><b>A3 Tips and Tools That Make Life at Home Easier and Safer</b> Jessica Ullman, OTR/L, Kline Galland Community Based Services</p> <p>A simple assistive device can make the difference between needing help and being independent. Common items that help with bathing, eating, or other daily activities may make it possible for a person with disabilities to remain in their own home. See samples and learn techniques that encourage independence and improve home safety.</p> <p><b>A4 Thriving in Times of Stress: Mindfulness and Compassion Tools to Help</b> Diane Hetrick, PT, Mindfulness and Compassion Facilitator</p> <p>Mindfulness and compassion approaches can help you relax physically and mentally, and provide more stability, resilience and flexibility for handling the challenges of caregiving. We will practice research based techniques for meditation, and gentle movement and breathing practices to help you manage, and even thrive, with everyday stress.</p> <p><b>A5 Long-Term Care: What are the Options?</b> Mary Lynn Pannen, RN, CCM; Kim Boon, MA, Aging and Long Term Support Administration</p> <p>Long-term care is not just provided in nursing homes – it includes a range of services that provide help with tasks of everyday life as care needs increase. Learn about the services, supports, and various care settings available, and who to contact to find specific options in your community.</p> <p><b>A6 Focusing on What's Important to the Person You Support</b> Kate Gallagher, Program Manager, Department of Developmental Disabilities</p> <p>When you provide support for another person, it's easy to direct your care and activities by following your own routines and values instead of theirs. This workshop offers tools for a more person-centered approach, and will help you discover what is important <b>to</b> versus <b>for</b> the other person. This interactive workshop is especially applicable for those who support a person with intellectual and developmental disabilities, but offers creative ideas for all populations.</p>	
[A] Concurrent Workshops	Choose 1 to attend	
12:00-1:00	LUNCHEON	
1:00-2:15	<p><b>B1 Move More, Feel Better: Have Fun While Juggling it All</b> Lisa Stuebing, Owner, Mud Puddle Fitness; Medical Exercise and Senior Fitness Specialist, Certified Personal Trainer</p> <p>Come and discover fun and easy ways to increase physical activity at home, for yourself and the person you care for. Learn how exercise can help reduce chronic pain, and keep the heart, brain and mind healthy, especially for those with chronic illness or disabilities.</p> <p><b>B2 Improving Dementia Care: Essential Communication Skills</b> Christine A. Louie, Education Coordinator and Trainer, Alzheimer's Association, WA State Chapter</p> <p>Changes in the communication skills of a person with dementia can be frustrating for both caregivers and care receivers. You will learn to enter the world of the person with dementia, better understand behaviors as a means of communication, and use skills for more effective communication. The session includes a brief overview of dementia basics. (Repeat of A2)</p>	
[B] Concurrent Workshops	Choose 1 to attend	

Session B workshop choices continue on NEXT PAGE

<p><b>1:00–2:15</b></p> <p><b>[B]</b> <b>Concurrent Workshops</b> <i>continued</i></p> <p>Choose 1 to attend</p>	<p><b>B3 Aging Parents: When to Worry, Ways to Help</b> Karen Kent, LMHC, GMHS, Creative Geriatric Services When a family member shows signs of physical or mental decline, others in the family may not know when to step in, when outside help is needed, or how to overcome the other person’s resistance. Learn about normal aging, how to identify signs of depression or dementia, and hear about treatment options and where to go for help.</p> <p><b>B4 Finding Joy</b> Reverend Amanda Aikman, Joyfulness Consultant Caregivers may find it hard to identify and experience the moments of joy that exist around them. Learn some playful and easily remembered techniques to help experience more joy in your everyday life. Mutual support, a safe environment, quiet time for processing, and take home instructions will be included.</p> <p><b>B5 Essential Legal Documents: What Caregivers Need to Know</b> Jonete Rehmke, Attorney at Law, Rehmke Law, P.S. Planning now for future needs can give peace of mind and improve the quality of life for yourself and the person in your care. Essential documents such as Durable Powers of Attorney and Advance Directives for Health Care help you and your loved ones discuss critical choices about health care and financial affairs while there’s still time. (Repeated as C4)</p> <p><b>B6 Be Kind to Your Spine: Easy Back Care Tips for Caregivers Who Bend and Lift</b> Peg Maas, DPT, 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.</p>
<p><b>2:15-2:45</b></p>	<p><b>BREAK</b></p> <p><b>Refreshments &amp; Resource Exhibits</b></p>
<p><b>2:45–4:00</b></p> <p><b>[C]</b> <b>Concurrent Workshops</b></p> <p>Choose 1 to attend</p>	<p><b>C1 A Self-Compassion Approach to Meeting Difficult Emotions</b> B. Bartja Wachtel, LICSW, MHP, CMHS; Clinical Social Worker and MSC Trained Teacher Deepening our understanding of the very human emotions of shame, guilt, or anger allows us to transform our own experience, soften the emotions and soothe the body. You will practice proven strategies to meet common, yet difficult, emotions in caregiving.</p> <p><b>C2 Family Relationships: Conflict and Cooperation</b> Karen Kent, LMHC, GMHS, Creative Geriatric Services Stress, fatigue, and high emotions often create tension among family members in a caregiving situation. This workshop will explore common types of conflicts and what’s behind them. Hear what you can do now to avoid and resolve conflict and to improve cooperation among family members.</p> <p><b>C3 Difficult Discussions: Talking About End of Life Choices with Those Who Matter</b> Sally McLaughlin, Executive Director, End of Life Washington Talking about dying is difficult and many people choose to avoid the conversation altogether. With guidance and preparation, discussions about choices can help make the end of life experience more consistent with the wishes and values of each person, and improve end of life care.</p> <p><b>C4 Essential Legal Documents: What Caregivers Need to Know</b> Stephanie Haslam, Attorney, Compassionate Legal Care, PLLC Planning now for future needs can give peace of mind and improve the quality of life for yourself and the person in your care. Essential documents such as Durable Powers of Attorney and Advance Directives for Health Care help you and your loved ones discuss critical choices about health care and financial affairs while there’s still time. (Repeat of B5)</p> <p><b>C5 Managing Diabetes: Facts, Myths, Helpful Tips</b> Kelsey Stefanik-Guizlo, Manager, Community Health Strategies, American Diabetes Association, WA State and Northern Idaho Many myths about diabetes still exist and recent guidelines for diet and treatment have changed. Learn the current facts about managing diabetes, and for reducing the risk of developing the disease by balancing food, exercise and medications.</p> <p><b>C6 Giving Care &amp; Taking Care: A Discussion Group</b> Sally Friedman, Caregiver Advocate, Sound Generations; Joanne Maher, Director of Programs and Services, Alzheimer’s Association, WA State Chapter Caregiving can 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>
<p><b>4:00</b></p>	<p><b>CELEBRATION OF CAREGIVING RECEPTION</b></p> <p><b>Refreshments &amp; Door Prizes</b></p>

# giving care • taking care

## A CONFERENCE FOR FAMILY CAREGIVERS

Monday, June 5, 2017 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 15th 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 15th, 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 30th, 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 15th. 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 15th. 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 15th. 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
- The Arc of Washington and DSHS Developmental Disabilities Administration
- Arcadia Home Care
- Bath Fitter
- Better Options for Home Care
- Brain Injury Alliance of Washington
- Catholic Community Services Long Term Care
- CESCO Medical
- CHC Services
- Compassionate Legal Care, PLLC
- Concerto Health
- Crisis Clinic, King County 2-1-1
- Family First Adult Family Homes
- Family Resource Home Care
- Franciscan Hospice and Palliative Care
- Full Life Care
- The Hoarding Project—Information and Resources
- Home Care Referral Registry
- Homewatch Caregivers of Western Washington
- Humana
- Jewish Family Service Family Caregiver Support Program
- Korean Women's Association
- Lutheran Community Services Northwest
- Molina Medicare
- Momentia
- MultiCare Older Adult Services
- National MS Society
- Northwest Parkinson's Foundation
- Office of Deaf and Hard of Hearing-DSHS
- Pierce County Family Caregiver Support Program
- Premera Blue Cross
- Provail Therapeutic and Assistive Technology Services
- Providence Health and Services
- Rehmke Law, P S
- ResCare HomeCare
- Retire Living Well (Medicare Information)
- Safetyline
- Seattle- King County Aging and Disability Services
- Statewide Health Insurance Benefit Advisors (SHIBA)
- SightConnection and Hopelink
- Soundview Medical Supply
- Sound Generations Caregiver Support Program
- Washington Talking Book and Braille Library

## 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. Several hotels are located in the Tukwila and SeaTac areas, most offer free shuttle service to and from the airport.



# REGISTRATION

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

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Monday, June 5, 2017

REGISTER BY MAY 15, 2017

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 15, 2017** 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 15, 2017** 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 15th—\$40 after May 15th

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

☐ **I WORK FOR AN AGENCY AS:** \$50 fee before May 15th—\$75 after May 15th

☐ 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 15, 2017

**Mail registration and fee to:**  
Full Life Care  
Attn: Carmen Jones  
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