

giving care • taking care

A CONFERENCE
FOR FAMILY CAREGIVERS

Monday, June 6, 2016

giving care • taking care

A CONFERENCE

FOR FAMILY CAREGIVERS

Monday, June 6, 2016 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 Finding Joy in Tough Times: The Balancing Act Sandy Powers; Life Coach, Support Group Leader, Caregiver	
10:15-10:45	BREAK	Refreshments & Resource Exhibits
10:45-12:00	A1 Learning Self-Compassion... An Important Step for Caregivers Sandy Powers, Life Coach, Support Group Leader, Caregiver Caregiving requires compassion, for others as well as for ourselves. In this workshop we will practice techniques for increasing self-compassion, and discover how being kinder and gentler toward ourselves can help turn normal negative emotions like anger, guilt and shame into tools for better caregiving.	
[A] Concurrent Workshops Choose 1 to attend	A2 Communication Skills: The Key to Improving Dementia Care Michael A. Bower, BA, ACC; Education Coordinator, Alzheimer's Association 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)	
	A3 Essential Legal Documents: What Caregivers Need to Know Meredith Childers and Daniel Ediger, Attorneys; NW Justice Project 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 B4)	
	A4 Family Relationships: Conflict and Cooperation 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.	
	A5 Medication Management for Family Caregivers Linda McCone, Patricia Witt; Caregiver Support - LCSNW Managing medications is complicated and family caregivers often get little or no training to help with this task. Participants will receive practical information on safely managing medications, asking questions of the doctor or pharmacist, and creating a medication list that helps with proper dosing, timing and other special instructions.	
	A6 When Actions Speak Louder than Words... Exploring Behavior in Individuals with Developmental Disabilities Phil Diaz, PhD; Field Services Psychologist, Clinical Team Lead, Developmental Disabilities Administration Region 1 Individuals with developmental and intellectual disabilities may rely on behavior to communicate. In this thought-provoking session Dr. Diaz will tease out the many meanings of behavior. He will offer strategies for supporting and guiding people in ways that work by creating "teachable moments."	
12:00-1:00	LUNCHEON	
1:00-2:15	B1 The Power of Music in Caregiving Megumi Azekawa, MM, MT-BC; Neurologic Music Therapist, Puget Sound Music Therapy The power of music is widely recognized as a way to decrease stress, improve relationships, tap into meaningful memories, and even help get a good night's sleep! In this interactive session, you will discover how you can use music at home or in a group setting to improve quality of life for yourself and the person in your care.	
[B] Concurrent Workshops Choose 1 to attend	B2 Communication Skills: The Key to Improving Dementia Care Michael A. Bower, BA, ACC; Education Coordinator, Alzheimer's Association 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)	

1:00–2:15

[B]
Concurrent
Workshops
continued

Choose 1
to attend

B3 Difficult Discussions: Talking about End of Life Choices with Those Who Matter

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.

B4 Essential Legal Documents: What Caregivers Need to Know

Jonete W. Rehmke, Attorney at Law; Rehmke & Flynn

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 A3)

B5 Living with Chronic Illness: Accepting Change, Finding Balance, Getting Help

Melissa Triplehorn, Moderator; Deputy Director, Northwest Parkinson's Foundation;
Aimee Vallat, Filmmaker; Gary and Rubye Vallat.

One family presents their perspectives on how a chronic illness affects the whole family: the person with chronic illness; the primary caregiver; and other family members who are less involved but care deeply. Panelists will share strategies for living the best possible life under difficult circumstances. You will hear practical ideas for how to ask for help and create a care circle when it's needed.

B6 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.

2:15–2:45

BREAK

Refreshments & Resource Exhibits

2:45–4:00

[C]
Concurrent
Workshops

Choose 1
to attend

C1 A Self-Compassion Approach to Meeting Difficult Emotions

B. Bartja Wachtel, LICSW, MHP, CMHS; Clinical Social Worker & 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.

C2 Living with Disability: Tools and Gadgets that Make Home Life Easier

Samantha Murphy, CAPS, and Curt Johnson, MA, CRC, ATP; WA Assistive Technology Act Program

If someone is struggling with everyday activities, a simple adaptive device may help. Tools to help with dressing, eating and even memory can increase independence. Come discover the variety of gadgets from low tech to high tech that can make daily life easier. Adaptive clothing and eating utensils, medication reminders, communication and other devices will be presented.

C3 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.

C4 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.

C5 Concerned About Falls? Take Steps to Reduce Fall Risks

Colleen Johns, Occupational Therapist; 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 Giving Care & Taking Care: A Discussion Group

Sally Friedman, Caregiver Advocate, Sound Generations and Joanne Maher, MSW;
Director of Programs and Services, Alzheimer's Association, WA State Chapter

For family caregivers: Come and experience all that a support group can offer a family caregiver. Support groups encourage discussion, and members learn from each other in a confidential setting. From sharing the emotional ups and downs of caregiving, to finding practical solutions to daily problems, you will find that you're not alone and that others really do understand.

4:00

CELEBRATION OF CAREGIVING RECEPTION

Refreshments & Door Prizes

giving care • taking care

A CONFERENCE FOR FAMILY CAREGIVERS

Monday, June 6, 2016 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 16th 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 16th, 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 31st, 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 16th. 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 16th. 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 16th. 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
- CHC Services
- Concerto Health
- Crisis Clinic
- Elder and Adult Day Services (EADS)
- Family Resource Home Care
- Full Life Care
- Home Care Referral Registry
- Homewatch Caregivers
- Jewish Family Service Family Caregiver Support Program
- Kin On Community Care Network
- KWA Home Care
- Lutheran Community Services
- Molina Healthcare
- MultiCare Older Adult Services
- National MS Society
- Northwest Parkinson's Foundation
- Philips Lifeline
- Pierce County Family Caregiver Support Program
- Providence ElderPlace
- Rehmke and Flynn, PLLC Elder Law Attorneys
- ResCare HomeCare
- Safetyline
- Seattle-King County Aging and Disability Services
- Senior Services/Sound Generations
- SHIBA
- Soundview Medical Supply
- Swedish Neuroscience
- UW Northwest Hospital Geropsychiatric Services
- 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.

REGISTER BY MAY 16, 2016

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 16, 2016** 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 16, 2016** 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 16th—\$40 after May 16th

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

I WORK FOR AN AGENCY AS: \$50 fee before May 16th—\$75 after May 16th

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 16, 2016

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