

Empowering Caregivers Through The Seasons Of Change



Aging and Disability Resource Center (ADRC) of Waukesha County Annual Family Caregiver Conference

**Friday, September 6, 2013
8:30 am – 3:15 pm**

**Waukesha County Technical College
Richard T. Anderson Education Center
800 Main Street
Pewaukee, WI 53072**

**For additional information or directions,
call (262) 548-7848.**

Agenda for the Day

8:30-9:20 am

Registration/Exhibits

Exhibitors: Active Aging Research Center; Adult Day Centers/Brain Health Enhancement Programs; Aging and Disability Resource Center of Waukesha County; American Red Cross; Alzheimer's Association, SEWI; The Caregiver Connection; Caregiver Intermission Program; Church and Chapel Funeral Services; Humane Animal Welfare Society of Waukesha County; Interfaith Senior Programs; Learning In Retirement/WCTC; Music Therapy Services of Waukesha County, LLC; One-on-one Caregiver Exchange; Senior Planning Group; Stowell & Associates, Care-Managed Home Care; Veterans' Services of Waukesha County; VITAS Innovative Hospice Care®; Waukesha County Department of Parks & Land Use; Waukesha County Federated Library System; YMCA of Central Waukesha County

9:20-9:30 am

Welcome - Laura Kleber, ADRC Manager

9:30-10:30 am

Session A

Financial Management – Critical Conversations

Barbara Horstmeyer, CSA, GCM, Senior Planning Group, Inc.

The Priority of Self – Loving Yourself to Love Others

Reverend Russell Hurst, Chaplain, VITAS Innovative Hospice Care®

10:30-11:00 am

Visit Exhibits

11:00-12:00 am

Session B

Care Management – Compassionate Teamwork

Miriam Oliensis-Torres, MSW, LCSW, C-ASWCM, Clinical Director, Stowell & Associates, Care-Managed Home Care

Recipe for Healing – Tear Soup

Pete Reinl, Director, Grief Support Services, Church & Chapel and Sandra Wolf, RNC, MSN, CT, Bereavement Coordinator, Froedtert Hospital

12:00-1:00 pm

Lunch

Music - Robin Wohlfeil, BSN-RN, BA-Music, Classical Guitarist

1:00-1:45 pm

Session C

Ins and Outs of VA Benefits

Tom Ludka, Veterans' Service Officer, Waukesha County

Seasons of Song – Utilizing Music in Caregiving

Nancy Dexter-Schabow, MMT, MT-BC, WMTR, Music Therapist

1:45-2:00 pm

Stretch Break

2:00-3:00 pm

Keynote Speaker

How Caregivers Cope – It Wasn't Supposed to be this Way

Lynda Markut, MS, Education & Family Support Coordinator, Alzheimer's Association, Southeastern Wisconsin Chapter

3:00-3:15 pm

Closing – Evaluation and Attendance Gift

Session A

1. Financial Management – Critical Conversations

Learn factors that affect financing long-term care including: Why long-term care is a risk facing all age groups; the benefits of taking action now, *before* a crisis occurs; the true costs of various long-term care options including: in-home care, adult day, assisted living and skilled care; a range of potential private and public financing alternatives; facts and myths about long-term care as a risk, the associated costs and financing alternatives; trustworthy resources to help you make informed decisions.

2. The Priority of Self – Loving Yourself to Love Others

“You can’t take care of others if you’re not taking care of yourself.” You’ve seen the clichéd bumper sticker a thousand times, but nothing changes. The list of ‘to do’s’ go on and on. You? You’re running on empty. How do you prioritize to renew? Begin to learn ‘how’ now. It will benefit everyone!

Session B

3. Care Management – Compassionate Teamwork

Care Managers help you, the caregiver, navigate through the uncharted waters of caring for a disabled or older adult. Geriatric care managers assist by providing guidance and support to help families meet today's caregiving needs. Anticipating future needs insures that changes associated with caregiving are managed to avoid crises.

4. Recipe for Healing – Tear Soup

Participants will hear discussion on the book *Tear Soup*. This wonderfully illustrated book was written to show how we each individually grieve loss in our lives. The story is about "Grandy," but she could just as easily be me or you. Grandy suffered a loss and in the process began to make tear soup. This soup doesn't come out of a can. It's an individual process, as unique as each chef. Through the soup making, Grandy healed and moved on. Learn how you can too!

Session C

5. Ins and Outs of VA Benefits

The Waukesha County Veterans' Service office provides assistance to Waukesha County veterans and their families. This presentation will focus on benefits available for veterans and their dependents. Basic eligibility requirements for various state and federal VA earned benefits and how to apply for them will be reviewed.

6. Seasons of Song – Utilizing Music in Caregiving

Music plays a role in the life of every human being. However, music can take on an even greater significance while moving through the caregiving journey. Discover how music can ease the caregiving process by providing structure, creating an emotional connection, reliving memories, soothing anticipatory grief and shaping closure.

Keynote Speaker

How Caregivers Cope – It Wasn't Supposed To Be This Way

With over 28 years of family caregiving experience and providing 30+ years of professional dementia care training, Lynda Markut will take you on a journey through challenges, change, and the compassion of caregiving while helping participants discover "what doesn't kill you really does make you stronger." As Lynda's mother told her "Hard work never killed anybody, but not taking a break will get you down."

Please complete the registration form below:

A donation of \$15 for family/professional caregivers is requested to cover workshops, luncheon, and conference materials.

Name _____

Address _____

Email (Optional) _____

City _____ State _____ ZIP _____ Telephone _____

Demographic information given below is required for Grant reporting purposes:

Female Male Date of Birth _____

Race: White Black/African American American Indian/Native Alaskan Asian
Native Hawaiian/Other Pacific Islander

Ethnicity: Hispanic Non-Hispanic

Is the Income of Caregiver below \$931 if single or \$1261 if a couple: Yes No

Person you are caring for: Spouse Parent Family Member Friend Employer

Date of birth for the person you are caring for: _____

Hours you are caregiving per week: Less than 10 hours 10-24 hours More than 24 hours

Medical Diagnosis of one you are caring for: _____

***Respite Care may be available for Waukesha County residents over the age of 60.**

*Arrangements must be made through the Aging and Disability Resource Center by **Friday, August 23rd**, please call (262) 548-7835.*

Please check the sessions you wish to attend:

Session A: Financial Management The Priority of Self

Session B: Care Management Recipe for Healing

Session C: VA Benefits Seasons of Song

Advance Registration Is Required

Deadline: Friday, August 30, 2013

Return Registration and Donation of \$15 to:

Aging and Disability Resource Center of Waukesha County

500 Riverview Avenue

Waukesha, WI 53188

If you have any questions, please call (262) 548-7848.

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National Family Caregiver Support Program.***

