



EDUCATION IS THE FIRST STEP: NUGGETS OF KNOWLEDGE FOR CAREGIVERS

AGING AND DISABILITY
RESOURCE CENTER (ADRC)
OF WAUKESHA COUNTY
ANNUAL CAREGIVER CONFERENCE

Whether you are caring for a friend, parent, spouse or child or you are a professional caregiver, this is a great opportunity to connect and share with people who have “walked in your shoes”. Over 25 exhibitors from community businesses and resources will be providing more valuable information to participants throughout the day.

Friday,
September 5,
2014

8:00 am to 3:15 pm

Country Springs Hotel and
Conference Center
2810 Golf Road,
Pewaukee, WI 53072



FROM PAST CONFERENCE PARTICIPANTS:

“I wasn’t sure what to expect and
came out with more than I could
have thought.”

“I feel recharged!”

Agenda for the Day

8:00-9:00 am Registration/Exhibits

9:00-9:15 am Welcome - Luann Page, ADRC Manager

9:15-10:00 am Conference Overview

Ageing and Disability Resource Center, Veteran’s Administration
and Alzheimer’s Association

10:00-10:15 am Stretch Break/Exhibits

10:15-11:15 am Session A

Nourish Your Noggin

Judy Gunkel, Community Outreach Coordinator, Alzheimer’s Association

“The Conversation”

Phyllis Menseh-Brostoff, CEO and Co-founder, Stowell Associates

11:15-11:45 am Stretch Break/Exhibits

11:45-12:30 pm Lunch

Keynote Address-Self Care: Feeding Yourself

Reverend Russell Hurst, VITAS Innovative Hospice

12:30-1:30 pm Session B

Reconnect Through Activities-Tips and Hints

Diane Baughn, Education & Training Services Manager,
Alzheimer’s Association

Defining Care Options

ADRC Specialists

1:30-1:45 pm Stretch Break/Exhibits

1:45-2:45 pm Session C

Nuggets of Knowledge: Caregiver Panel

Facilitated by Jody Krainer, Vice President, New Health Services

Sexuality & Intimacy with a Loved One with Dementia

Lynda Markut, Education and Family Support Coordinator,
Alzheimer’s Association

2:45-3:15 pm Inspirational Call to Action

Reverend Russell Hurst, VITAS Innovative Hospice

For more information or to register call the ADRC at 262-548-7848

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 \$958 if single or \$1293 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: _____
Where did you hear about the conference? _____

***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 22nd. Please call (262) 548-7835 to inquire on respite availability.

Please check the sessions you wish to attend:

Session A: Nourish Your Noggin "The Conversation"
Session B: Reconnect Through Activities Defining Care Options
Session C: Caregiver Panel Sexuality & Intimacy w/Loved One with Dementia

**Advance Registration Is Required
Deadline: Friday, August 29, 2014**

Return Registration and Donation of \$15 with check payable to:

**Aging and Disability Resource Center of Waukesha County
514 Riverview Avenue
Waukesha, WI 53188**

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

*This conference was made possible through funding by the Older Americans Act Title III E
National Family Caregiver Support Program.*