

Tools for Caregivers: Resources You Can Use When a Senior Relies on You

Saturday, April 14, 2018 • 8am – 12:15pm • Beltrone Living Center
6 Winners Circle, Colonie, NY 12205

→ **Registration & Vendor Fair (8:00-8:30am)** * Visit the Vendor Tables for Resources and Information

→ **Welcome and Opening Remarks (8:30am)**

→ **Workshops Session 1 (8:45-9:35 am)** Attend one of the three options

Session 1A – Expect the Unexpected – Developing a Plan B.

Description: No one expects to get old, fall, need help at home, be hospitalized. As a caregiver, you can gather information about what services are available to help someone stay home when the unexpected happens (Life Alert, Adult Day Services, Respite Care, etc.) but how do you get your loved one to use the services. Learn how to discuss sensitive topics and create a Plan B.

Session 1B - Legal Issues Facing Caregivers

Description: Learn about health care proxy, power of attorney, guardianship; understand benefits available under Medicare and Medicaid; learn about protecting the family home; estate planning in a crisis; have questions answered.

Session 1C – County Office of the Aging Services – You paid for it, why not use it!

Description: Learn about the services your tax dollars have been paying for and how to access them. Information from 4 counties (Albany, Rensselaer, Saratoga, and Schenectady) re: HIICAP, Nutrition Program, Transportation, Senior Centers, Tax Assistance, EISEP.

→ **Vendor Fair (9:40-10:10)** Visit the Vendor Tables for Resources and Information

→ **Workshop Session 2 (10:15-11:05)** Attend one of three options

Session 2A – Normal Aging vs. Dementia – What does it mean if you lose your keys? And why does it take so long to finish a task?

Description: Learn some of the basics about aging and dementia, the benefits of early detection and the 10 Warning Signs of Alzheimer's to help separate myth from reality and address commonly held fears about Alzheimer's, dementia and age-related memory loss.

Session 2B - Legal Issues Facing Caregivers

(Repeated from Session 1B, see above)

Session 2C - County Office of the Aging Services – You paid for it, why not use it!

(Repeated from Session 1C, see above)

→ **Vendor Fair (11:05-11:20)** Visit the Vendor Tables for Resources and Information

→ **Closing Session (11:25-11:55) – Humor in Caregiving – Silver Linings, The Cup is Half Full, Turning Lemons to Lemonade...**

Description: There are times as a caregiver that it's hard to see the positives. Let's face it, sometimes caregiving can be downright funny!

→ **Gift Baskets awarded (11:55-12:15) Must be present to win**

ADVANCED REGISTRATION IS REQUIRED

Call Angela at 518-248-3807 or via email at crcceg@gmail.com

Doors open at 8am. Sorry, no early birds!