

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

Saturday, May 2, 2020 8:30am—1:00pm
Bulmer Telecommunications Center, Hudson Valley Community College
80 Vandenburg Avenue, Troy, NY 12180

- Registration & Vendor Information and Resource Fair **8:30am-9:00am**
 - Vendor tables of Resources and Information Available from 8:30-12:00pm
- Welcome and Introduction to Services for Caregivers **9:15am-9:45am** **"You Might be a Caregiver If...."**
The Capital Region Caregiver Coalition members highlight some examples of who might be a caregiver and why.
- Workshops Session 1 **9:55am-10:40am**

Attend one of the three options

 - **Session 1A – "Legal and Financial Issues Facing Caregivers"**
Description: *Overview of Health Care Proxy, Power of Attorney, Estate Planning in a crisis, Medicaid/Medicare, protecting the family home.*
Presenter: JulieAnn Calareso, Esquire
 - **Session 1B – "Caregiving for Newbies – Decoding the Language of All Things Caregiving"**
Description: *An intro to keywords and acronyms common in the caregiving world to help you navigate everything from a Google search to a care consultation.*
Presenter: Jess Flynn and Carrin Swanson
 - **Session 1C – "You're Not Alone on the Journey of Caregiving -- Empowering you to get the right help at the right time."**
Description: *Overview of community-based organizations, who, when, and how to use them.*
Presenter: Karen Meemken and Kristin Vivian
- Vendor Fair **10:45am-11:05am**
 - Visit the Vendor Tables for Resources and Information
- Workshop Session 2 **11:15am-12:00pm**

Attend one of the three options

 - **Session 2A – "Caregiving Outside the Box – From Acupuncture to Zumba and Everything in Between"**
Description: *Discover activities and leisure pursuits with a purpose and promote everyone's well-being.*
Presented by: Caitlin St. George and Courtney Karl
 - **Session 2B – "Hospital or Hurricane – Emergencies Can Become Disasters If You're Not Prepared"**
Description: *What do you need for a trip to the hospital or a week with no power? Are you ready?*
Presented by: Rensselaer County Dept of Health Rep. and Karen Meemken
 - **Session 2C – "Letting Go of Guilt – Creating A Guilt Free Zone for Caregivers"**
Description: *Tips, Tools, and Techniques to accept that you are doing the best job you can*
Presented by: Mary Moller and Jacqueline Weckesser
- Workshop Details at www.capitalregioncaregiver.com
- Closing Session **12:00pm-12:30pm**
Description: Q and A with Select Panel Members
- Gift Basket Giveaways and Wrap Up **12:30pm-1:00pm**

Our day is FREE, but advanced registration is required
call or email Angela 518-279-5502 or
crcreg@gmail.com
Doors open at 8:30am. Sorry, no early birds!

 CAPITAL REGION CAREGIVER COALITION
WWW.CAPITALREGIONCAREGIVER.COM