

Topic Offerings and Descriptions

\*\* Don’t see something you like? Ask Us! The Capital Region Caregiver Coalition’s Community Education Committee can customize a presentation that works for you!

**Caring for the Caregiver**

**Help! I’m a Caregiver!** This presentation addresses the complexities of being a caregiver for an aging loved one. We provide guidance and information about what to do when someone else depends on you.

**Managing the Emotional Aspects of Caregiving.** When you care for someone, the responsibilities can be challenging and unfamiliar to you. The emotional aspects of caregiving can be equally challenging and difficult, but is not without rewards. This presentation will help you face some of the emotional realities associated with being a caregiver. Some of the topics that will be discussed are family dynamics, communication and managing the role of being a caregiver; along with other information that will help you maintain a healthy balance when someone else depends on you.

**Sandwich Generation: Caring for Parents and Children.** Balancing the needs of an aging parent while managing a family can certainly become complicated. This presentation will provide tips and strategies to help maintain a healthy balance to meet the needs of both your aging parent and your children.

**Stress Management Techniques.** Caregivers often encounter stressful situations, from having to make difficult decisions, talking to healthcare providers, or facing a difficult diagnosis; and the list goes on and on. Caregivers can face a unique set of stressors and while we can’t avoid stress altogether, this presentation will provide stress management techniques and methods to help as you care for an aging loved one.

**How to Get Help**

**Abuse, Neglect, and Exploitation of Older Adults.** An overview of different types of elder abuse and the role of self-determination in working with older adults. Through this presentation you will have a better understanding of the needs of victims of elder abuse and the resources to meet those needs by Equinox.

**Day Programs: Social and Medical Models.** Adult day services offer a unique opportunity for those wishing to remain in their homes but need a safe and supervised environment during the day. Social and medical models may provide socialization, engaging activities, meals, skilled nursing services and more! These programs offer the caregiver a break from the demands of caregiving so they can fulfill other needs, both personal and professional.

**Geriatric Care Management.** A description of GCM services and how a Care Manager can help you understand the needs of an older adult and get right services, at right place, time and cost.

**Home Care Services Overview.** What are your home care options. How much do they cost? Are they covered by insurance or Medicaid? What can they do or not do for your loved one in the home?

**Hospice.** An overview of what it is, when someone might need it, how it is paid for, and why it’s a good idea.

**Medicare Overview (Medicare 101).** To help people understand how Medicare and supplemental health insurance works, including how to get help in assessing and selecting plans. Learn about assistance for those with a low income which will help to pay for plans.

**NY Connects: Information, Assistance and Referrals.** Provides free information, assistance and referrals on long term services and supports. Seniors, caregivers and people with disabilities can learn about the different types of programs and supports and how to access them and payment options for their county. (Albany, Rensselaer, Schenectady or Saratoga.)

**Understanding & Caring for Loved Ones with Low Vision.** It is estimated that over 21 percent of people over 65 in New York State have a self-reported vision impairment. The presentation will explain: the 4 leading causes of vision loss in older adults and how they affect vision; adaptive devices, techniques, low vision services and community resources; and coping with vision loss.

**VA Options for Caregivers: Aid and Attendance Overview.** What are the services that the VA can offer to caregivers? What is the Aid and Attendance Pension? These questions and more are answered in an overview of VA services.

**Legal Services**

**End of Life Issues.**  Each person has the right to direct his or her medical treatment at all times during life. Until a Court vests this right in another, each person is presumed able to make those decisions. But, the reality is that many persons become too frail to make informed medical choices, and those decisions often fall to a family member or friend. Understanding the type of decisions that might be made, and ensuring the appropriate documents are in place is important for every New Yorker. Health Care Proxies, Living Wills, Medical Orders for Life Sustaining Treatment, Do Not Resuscitate Orders, Organ Donation and Anatomical Gift Designations, and the Family Health Care Decisions Making Act are powerful tools to understand to help make compassionate choices at the end of life.

**Elder Law Overview.** Whether you are a senior yourself, an adult child of an aging parent, or a caregiver, learning about the various legal and financial issues that are unique to the senior years can be an important tool. Learn the various components of what distinguishes “elder law” from estate planning, and how to evaluate and select an elder law attorney to assist you on the journey.

**Estate & Long Term Care Planning.** From the basics of advance directives, to understanding how wealth passes on to younger generations at death, through navigating the complicated spectrum of long term care, this presentation will educate you on health care proxies, living wills, powers of attorney, trusts, last wills and testaments, long term care insurance, and payment streams for care.

**Legal Strategies for Caregivers.** Understanding the various decisions you, as a caregiver, will be asked to make enables you to know the right questions to ask and the right resources to seek out to meet your needs. From navigating challenging behaviors associated with various diseases, to your rights and responsibilities as a person’s Health Care Agent or Power of Attorney Agent, to the options available for long term care and residential placement, to options available to address family conflict, caregivers need to be aware of the legal options available to them. This presentation will outline some common issues that arise, some legal responses, and the benefits and drawbacks to planning – or not planning.

**Medicare/Medicaid Overview.** Medicare provides health insurance for the majority of Americans over age 65, but offers limited long term care coverage. Learn the nuances to the program, and your rights to access those benefits. Medicaid in New York State is undergoing a tremendous metamorphosis due to the Medicaid Redesign initiative, and the delivery of long term care services to our aged and disabled population is changing. The presentation will introduce financial eligibility rules for chronic care/nursing home Medicaid, and Medicaid provided in the community, along with an introduction to Managed Long Term Care and the medical criteria and process for accessing care at home benefits.

**The “How Tos” of Caregiving**

**Aging Parents: When & How to Help**. This presentation deals with areas where most seniors may need help and gives advice on where that help can be found. It points to warning signs as to when help may be needed and gives tips on how to get started.

**Alzheimer’s Disease and Caregiving.** This presentation can be customized to the needs of the audience and their interest in the topic.

**Conversations About Driving With Older Adults.** How do you start the difficult conversation with loved ones about driving? What resources are in the community to help with this discussion?

**Fall Prevention.** Home safety checklist given out as well as the “File of Life” Tips and advice on how to prevent a fall.

**How to Manage Difficult Conversations.** Conversations with aging parents or loved ones about future care needs and other important topics can be difficult. This presentation helps caregivers to manage these conversations in the best way possible. It gives an overview of what topics should be discussed before the crisis hits and gives resources that can help.

**Senior Housing Options.** An overview of Senior Housing; Skilled Nursing; enhanced assisted living; memory care communities; Independent senior apartments; What is the difference? What are the different levels of care? How is assisted living or nursing home care paid for? These questions and many more are answered and discussed.

**Understanding Dementia.** There are many forms of dementia, this program will focus on the different types of dementia, symptoms, treatment options and available community based services.