

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

Saturday, April 29, 2017 • 8am – 12pm • 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 (8:45-9:45 am) Attend *one* of the three options

Session 1A - *Someone You Love is Hospitalized – Now What?*

Description: Find out what to bring, who to talk to, what to ask –observation/admission, discharge planning, diagnosis. Presented by: Kim Swire, LMSW and Will Vail, LCSW

Session 1B - *Who Pays for What – Know the various care options and how to pay for each.*

Description: Hear about Home Care, Respite Care, Adult Day Services, Supported Housing, Skilled Nursing and other services and how you might pay for them with Consumer Directed Care, Managed Long Term Care, Medicare, Medicaid. Presented by: Viola Lipscomb, Mary Moller, Beth Slezak

Session 1C - *Organizing Your Life After a Diagnosis—What's Next*

Description: Organizing the different components of dealing with a new diagnosis can alleviate stress and help you to focus. Learn how to create a healthcare notebook, use the internet effectively, manage medications and tests, and more. Presented by: Lynda Shrager, OTR, MSW, CAPS

→Vendor Fair (9:45-10:15) Visit the Vendor Tables for Resources and Information

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

Session 2A - *Legal Issues Facing Caregivers*

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

Session 2B - *Who Pays for What – Know the various care options and how to pay for them*
(Repeated from Session 1B, see above)

Session 2C - *Self Care 101 – You Can't Pour from an Empty Cup*

Description: Caring for a loved one with a chronic illness can be overwhelming. Too often, caregivers do not recognize their own needs, putting their own physical, mental, and emotional well-being on the back burner. This workshop will explore the warning signs and causes of stress commonly encountered by caregivers and provide proven stress management and self care methods to help cope with the demands of caregiving. Presented by: Erica Salamida

→Closing Session (11:20-11:50) - *Finding the Joy*

Description: Finding the joy in caregiving and staying present in the moment. Presented by: Gretchen Moore Simmons

→Gift Baskets awarded (11:50) **Must be present to win**

ADVANCED REGISTRATION IS REQUIRED

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

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