

Tools for Caregivers:

## Resources You Can Use When a Senior Relies on You

**Saturday May 6, 2023**

Bulmer Telecommunications Center, HVCC 80 Vandenberg Ave., Troy NY 12180

**8:00-9:00a.m. Registration**

**8:00-11:40a.m. Vendor Information and Resource Fair**

**9:00-9:30a.m. Welcome and Introductions** Rensselaer County Executive  
Steven F. McLaughlin and CRCC Members

**9:40-10:20a.m. Workshops Session 1** \*\*\*Attend one of the two options

**Session 1A - Legal and Financial Issues Facing Caregivers**

Description: An 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 Lingo, Knowing What to Ask Next, and Heading You in the Right Direction on this Caregiving Journey**

Description: An overview of acronyms, abbreviations, and terminology that will help you navigate what services you may need and when to use them.

Presenters: Ginger McGehee and Angela Bartels

**10:20-10:40a.m. Vendor Information and Resource Fair**

**10:50-11:30a.m. Workshop Session 2** \*\*\*Attend one of the two options

**Session 2A - Care for the Caregiver—Self Care is Not Just a Bubble Bath**

Description: Learn to promote your own well-being, while having fun and caring for your loved one.

Presenter: Jenn Harvey

**Session 2B - Expect the Unexpected – Easy Ways to Improve Safety, Reduce Worry, and Prepare for Emergencies**

Description: Are you worried about your loved one getting hurt, not eating, missing meds. Learn about some readily available solutions, suggestions, and safety tips and tools.

Presenters: Beth Slezak and Melonie Pratt

**11:40a.m.-12:20p.m. Keynote Presentation:**

**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 that you can

Presenters: Jacqueline Weckesser and Gretchen Moore

**12:20p.m.-1:00p.m. Closing Session Q & A with Workshop Presenters \*Gift Giveaways\***

**THANK YOU, CAREGIVERS, FOR ALL YOU DO**