



# Challenges in Caregiving: Giving Care, Taking Care Workshops

8:00	Registration	Coffee and Resource Exhibits
9:00	<b>Welcoming Remarks</b>	
9:10-10:15	<b>Keynote Address</b> <i>Hearing the Voice of the Person You Care For: Staying Centered While Caring for Others</i> Megan Cole, Healthcare Speaker and Professional Actor	
10:15-10:45	Break	Refreshments and Resource Exhibits
10:45–12:00 (A) <b>Concurrent Workshops</b>  Choose one to attend	<p><b>A1 The Caregiving Journey: Changing You, Changing Your Relationship - Part I</b>  Mary Brintnall-Peterson, Ph.D., Professor Emeritus, University of Wisconsin-Extension; MBP Consulting, Owner  <i>For family caregivers.</i> While each caregiving relationship is unique, all caregivers experience change in what they do, in their relationships and in themselves. Learn how your personal rules and expectations and how you feel about what you're doing can create stress and burden. These insights are the first step towards making positive changes. (Repeated as B1. Part II offered as C1)</p> <p><b>A2 Dementia Basics: Understanding Behaviors and How You Can Help</b>  Joanne Maher, MSW; Director of Social Services, Alzheimer's Association Western and Central Washington Chapter  This workshop is for anyone caring for an individual with memory loss or in the early stages of dementia. Understanding the disease process and how it leads a person to repeat questions or refuse to take a bath will help you develop new responses to frustrating situations. Learn basic communication skills and positive approaches that help reduce agitated behaviors. (Repeated as C2)</p> <p><b>A3 Family Relationships: More Cooperation, Less Conflict</b>  Joan McGinnes, MSW, LICSW; Member GMHS; Care Consultant for Elders, the Disabled and Their Families  Getting families to work together isn't always easy, especially when a loved one needs care and emotions are running high. Learn practical skills for increasing cooperation among family members. Understand what triggers your own behaviors, and how you can develop new responses, clarify roles, and set limits.</p> <p><b>A4 Healthy Eating: Caregiving from the Inside Out!</b>  RaChelle Zylstra, Ph.D, RD; Planner for Nutrition Services, Northwest Regional Council  Dietary recommendations seem to change frequently, leaving some caregivers and patients confused. This workshop will simplify current guidelines for a healthy diet, with special considerations for people affected by heart disease or diabetes. Practical, budget-minded suggestions will be given using nutrition labels as a way to manage illnesses and the diets they require.</p> <p><b>A5 When Someone You Care for is Dying</b>  Sylvia Farias, MSW; Oncology Social Worker, Swedish Medical Center  This workshop focuses on the needs of people approaching the ends of their lives and of those caring for them. The speaker will discuss the dying process, conversations which are helpful, important planning and choices that need to be made, available services including Hospice, and self-care for caregivers.</p> <p><b>A6 Legal and Financial Issues in Caregiving</b>  Daniel F. Farr, Attorney at Law: Member, Estate and Elder Law WA State Bar Association and US District Court Western District  Planning for future legal and financial needs is critical for individuals and their families faced with chronic long-term illness. Durable powers of attorney, guardianship and advance directives can affect their choices and quality of life. You will learn about current legal options and eligibility for financial assistance with long-term care.</p>	
12:00-1:15	<b>Luncheon and Speaker:</b> Handling the Hard Times with Love and Humor, Debbie Wooten	
1:15–2:30 (B) <b>Concurrent Workshops</b>  Choose one to attend	<p><b>B1 The Caregiving Journey: Changing You, Changing Your Relationship - Part I</b>  Mary Brintnall-Peterson, Ph.D., Professor Emeritus, University of Wisconsin-Extension; MBP Consulting, Owner  <i>For family caregivers.</i> While each caregiving relationship is unique, all caregivers experience change in what they do, in their relationships and in themselves. Learn how your personal rules and expectations, and how you feel about what you're doing, can create stress and burden. These insights are the first step towards making positive changes. (Repeat of A1. Part II offered as C1)</p> <p><b>B2 Three Cousins: Anger, Stress and Depression</b>  Rick Pribbernow, Coordinator, Parenting &amp; Life Skills Education, Compass Health  Have you ever thought about the three emotional cousins - anger, stress and depression? When caregivers are under pressure, these feelings can surface and even feed into each other, escalating if ignored. Learn effective skills to help manage these common, but difficult, feelings in yourself and the person for whom you provide care.</p>	

<p>1:15–2:30 (B) Concurrent Workshops Continued</p>	<p><b>B3 Medicaid and COPES Eligibility</b> John S. Palmer, Estate Planning and Elder Law Attorney Many individuals in financial need may be eligible for assistance for long term care services through publicly funded programs such as Medicaid and COPES. The rules and requirements for eligibility can be complicated, and many people don't know how to find out if they qualify. Learn the rules, know your rights, and hear the facts from an experienced Elder Law Attorney.</p> <p><b>B4 Non-verbal Communication: Can you Hear Me Now?</b> Megan Cole, Healthcare Speaker and Professional Actor Gestures, body language and tone of voice all affect the messages that we send and receive. In this interactive session, we will explore some of the skills that help us "read" messages more clearly, say what we mean to say, and improve communication in our caregiving relationships and in our personal and professional lives as well.</p> <p><b>B5 Behavior Changes: When to Consider Medical Causes</b> Evan Cantini, MD; President and Medical Director, CHC Services When a person has cognitive impairment due to dementia, developmental disability, or brain injury, sudden changes in behavior can be a red flag. Is the original condition getting worse or is something new going on? Learn when and how to look for medical causes to behavior change and what to do about it.</p> <p><b>B6 Keeping Your Back on Track: Transfer Skills and Back Injury Prevention</b> Peg Maas, PT; Physical Therapist, Swedish Medical Center Most back injuries occur as a result of repeated, daily stress on the back. This interactive workshop provides practical information on basic body mechanics and care of your back during all your everyday activities. The speaker will demonstrate safe techniques for transferring an impaired person, and assistive devices that will make the job easier for you and for the person you're assisting.</p>
<p>2:30-2:45</p>	<p><b>Break</b> <span style="float: right;"><b>Refreshments and Resource Exhibits</b></span></p>
<p>2:45–4:00 (C) Concurrent Workshops</p> <p>Choose one to attend</p>	<p><b>C1 The Caregiving Journey: Changing You, Changing Your Relationship - Part II</b> Mary Brintnall-Peterson, Ph.D., Professor Emeritus, University of Wisconsin-Extension; MBP Consulting, Owner <i>For family caregivers.</i> This interactive workshop expands on ideas from Part I. It will help you identify where you are in your caregiving journey, what decisions you can make about your role (am I a spouse or a caregiver?) and what kind of strategies might support you in reducing your caregiver stresses and/or burdens.</p> <p><b>C2 Dementia Basics: Understanding Behaviors and How You Can Help</b> Joanne Maher, MSW; Director of Social Services, Alzheimer's Association Western and Central Washington Chapter This workshop is for anyone caring for an individual with memory loss or in the early stages of dementia. Understanding the disease process and how it leads a person to repeat questions or refuse to take a bath will help you develop new responses to frustrating situations. Learn basic communication skills and positive approaches that help reduce agitated behaviors. (Repeat of A2)</p> <p><b>C3 Learn to Relax.....Naturally!</b> Carolyn McManus, PT, MS, MA; Physical Therapist, Swedish Medical Center Learn how to creatively manage your body's reaction to stress. This workshop presents specific techniques to help you relax both physically and mentally, to breathe easier and sleep better. Hear tips on the mind-body connection, exercise, controlling negative thinking and finding joy in difficult times.</p> <p><b>C4 Working with Persons with Developmental Disabilities and Challenging Behaviors</b> Rick Pribbernow, Coordinator, Parenting &amp; Life Skills Education, Compass Health Often we perceive people as hard to work with because of different or challenging behaviors. In this presentation, we will sort out "is it them or me?" and examine what the differences are. We'll take a creative look at problem solving "outside the box" and examine strategies for reducing conflict within the family or living environment.</p> <p><b>C5 Is it Depression? Signs, Symptoms and Interventions</b> George Dicks, BA; Geriatric Mental Health Specialist, Harborview Medical Center, MHP Depression is common in people with chronic illnesses and in the individuals who care for them. This workshop will help you identify the signs of depression in both the caregiver and the person receiving care. It will provide simple day-to-day interventions and help you recognize when medical help is needed.</p> <p><b>C6 Giving Care &amp; Taking Care: A Discussion Group</b> Sally Friedman, Caregiver Advocate, Senior Services, Seattle; Carol Blaich, Caregiver Advocate, Crisis Clinic The challenges of "giving care and taking care" create difficult situations and dilemmas for family members. This information sharing and support session provides the opportunity to discuss major concerns and daily frustrations with other caregivers and a professional facilitator. Listen, learn and share your experiences with other people in similar circumstances.</p>
<p>4:00</p>	<p><b>Celebration of Caregiving Reception</b> <span style="float: right;"><b>Refreshments and Door Prizes</b></span></p>

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# Challenges in Caregiving:

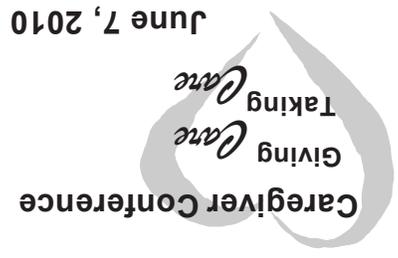
Giving *Care*  
Taking *Care*

## A Conference for Caregivers

June 7, 2010

Tukwila Community Center  
Tukwila, Washington

Aging and Disability Services Administration  
P.O. Box 45600  
Olympia, WA 98504-5600



### Conference Hosts



### Contributor

Mental Health Division, DSHS



# Registration

Register by  
May 24, 2010

Register only one person per registration form.  
Photocopy the form for additional attendees.

▶ Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Address \_\_\_\_\_ Agency \_\_\_\_\_  
 Work  Home (If applicable)

City \_\_\_\_\_ E-mail \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

**Have you attended the conference before?**  Yes  No

- ▶ **How did you hear about the conference?**  Mailed brochure  DSHS/ADSA website  
 Friend/family  Support group  Daily Newspaper  Senior newspaper  Newsletter  My Workplace

**Please give us the following information for the day of the conference**

- ▶ **Circle your workshop choice for each time period. If you aren't sure, please make your best guess.**
- |                          |     |     |     |     |     |     |   |
|--------------------------|-----|-----|-----|-----|-----|-----|---|
| Session A (10:45 - Noon) | A 1 | A 2 | A 3 | A 4 | A 5 | A 6 | .....<br>The workshop schedule is on<br>the back of this brochure.<br>..... |
| Session B (1:15 - 2:30)  | B 1 | B 2 | B 3 | B 4 | B 5 | B 6 |   |
| Session C (2:45 - 4:00)  | C 1 | C 2 | C 3 | C 4 | C 5 | C 6 |   |

- ▶ **Meal Selection**  
 A box lunch will be provided.  I would prefer a vegetarian meal.

- ▶ **Accommodations for people with disabilities**  
 I will need special accommodations in order to attend the conference.  
 Every effort will be made to provide reasonable accommodations such as special seating or listening devices. Send your registration in **by May 24, 2010** and you will be contacted by conference staff. **Describe help needed in the space below.**

- ▶ **Respite care**  
 I am an unpaid family caregiver and will need help to provide care for my relative while I attend the conference.  
 Send your registration in **no later than May 24, 2010** and you will be offered information on resources that may assist you in making arrangements. **Describe help needed below.**

- ▶ **Please check the appropriate boxes below**
- |   |   |
|---|---|
| <input type="checkbox"/> <b>I am an individual caregiver:</b> _____<br><input type="checkbox"/> Family Caregiver (unpaid) <input type="checkbox"/> Adult Family Home Staff<br><input type="checkbox"/> Volunteer Caregiver <input type="checkbox"/> In-home Care Worker   | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>\$25 fee before May 24 - \$35 after *</b> </div> <p><small>* All fees include a continental breakfast, box lunch, all workshops, and reception.</small></p> |
| <input type="checkbox"/> <b>I work for an agency as:</b> _____<br><input type="checkbox"/> Home Health/Home Care Staff <input type="checkbox"/> Respite Worker<br><input type="checkbox"/> Assisted Living/Boarding Home Staff <input type="checkbox"/> Adult Day Services Staff<br><input type="checkbox"/> Other social services or health professional <input type="checkbox"/> Geriatric Mental Health Specialist | <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>\$50 fee before May 24 - \$75 after *</b> </div>  |

TOTAL ENCLOSED: \$ _____ Check # _____		<b>No refunds after May 24, 2010</b>
<b>Make check payable to: ElderHealth Northwest</b>		<b>Agencies Only:</b>
<b>Mail registration and fee to:</b> Carmen Jones ElderHealth Northwest 800 Jefferson Street Seattle, WA 98104		No Purchase Orders accepted. Indicate the agency name on the check.
<b>Questions?</b> Call 360-725-2544 or 1-800-422-3263		





# Challenges in Caregiving

Giving Care Taking Care

## A Conference for Caregivers

*This conference is designed for family and community caregivers and offers practical, up-to-date resources and information to help you in your caregiving responsibilities.*

### Training

Dynamic speakers from a variety of backgrounds including health care, rehabilitation, social work, and law will share their expertise and knowledge in twenty sessions offered throughout the day.

You choose the sessions you need most in your own situation.

### Resource and Information Exhibits

Exhibitors will offer informational displays of caregiving products, services, and literature from 8am - 3pm. Staff from major health and social service organizations will also be available with information to answer any questions you may have.

### Support and Sharing with Other Caregivers

During breaks, lunch, and the late afternoon reception, compare notes and learn from others in similar situations.

### Who Should Attend?

- Family members caring for an adult or senior with chronic illness or disability.
- Adult children concerned about aging parents.
- Parents caring for adult children with disabilities.
- Home care workers and adult day services staff.
- Adult family home, boarding home or assisted living staff.
- Social service, health or mental health professionals interested in caregiving issues.

## Registration Information

**Register Early:** Space is limited! Registrations are accepted on a first come, first served basis. Register before May 24 to be eligible for the early registration fee listed below. Registration after May 24 is available as space allows.

**Registration Fee:** Register before May 24 to be eligible for the early registration fee of \$25 for individual caregivers and \$50 for agency-based caregivers. After this date, fees increase to \$35 (individual caregivers) and \$75 (agency caregivers).

**Scholarships are available on a limited basis for unpaid family caregivers.**

**Confirmation:** A written confirmation letter with driving directions will be mailed to you once your registration is received. If you don't receive a confirmation letter by May 28th, please call 360-725-2544 or 1-800-422-3263.

**Please bring your confirmation letter with you the day of the conference.**

**Group Registrations:** Register each individual attending the conference on a separate registration form.

Registration forms may be photocopied as needed.

Payment may be combined and attached to multiple registrations stapled together.

Be sure to indicate the agency name on the registration and the check.

If your agency is registering for you, respond early to allow time for the check and registration to be sent BEFORE the registration deadline to avoid disappointment!

**Cancellation:** Fee is refundable if your request is made before May 24. There are no refunds after that date.

**You must preregister. No registration will be possible at the conference.**

## Accommodations for People with Disabilities

The conference site is wheelchair accessible.

If you need reasonable accommodations (such as special seating or a listening device), mark the appropriate box on your registration, indicate what type of assistance you need, and mail by May 24.

Conference staff will call you and help make necessary arrangements.

## Respite Care

If you are an unpaid family caregiver and need help finding respite care for your family member in order to attend this conference, mark the appropriate box on your registration, and mail by May 24.

Conference staff will contact you and help you arrange respite care services.

## Continuing Education Hours

Those attending can receive certificates documenting up to five hours of training. Caregivers working for an adult family home, boarding home, or home care agency may be able to receive credit towards CE requirements. Talk with your supervisor first.

## Tukwila Community Center

### Conference Location

**12424 42nd Ave. South  
Tukwila, WA 98168**

The center is approximately one mile off I-5, exit #156, and five miles from SeaTac Airport.

Detailed directions will be mailed with your confirmation.

Special room rates and free shuttle service to the conference center are available at the Courtyard SeaTac Marriott for overnight guests. The reduced rates will be offered until two weeks prior to the conference.

For reservations, please call the Courtyard SeaTac Marriott at 425-255-0300. Ask for the DSHS room reservation block.



## Resource Exhibitors

Advanced Health Care  
Aging and Disability Services Administration  
Alzheimer's Association Western and Central Washington  
American Parkinson Disease Association  
Arcadia Health Care  
Brain Injury Association of Washington  
Care Medical and Rehabilitation Equipment  
Catholic Community Services - Long Term Care  
Comfort Keepers  
Community Services for the Blind and Partially Sighted  
Crisis Clinic  
ElderHealth Northwest  
Evergreen Healthcare  
Family Resource Home Care  
Health People, Inc.  
Home Care Associates  
Homewatch Caregivers  
Humana  
Korean Women's Association  
Lutheran Community Services Northwest  
Mental Health Division, DSHS  
Mobility Concepts, Inc.  
MultiCare - Good Samaritan Home Health and Hospice  
MultiCare - Good Samaritan Older Adult Services  
Northwest Response Link  
Pierce County Aging and Long Term Care - Family Caregiver Support Program  
Professional Medical  
Providence Senior and Community Services  
ResCare Home Care  
Scrips LTC Pharmacy  
Senior Services - King County  
Shield Healthcare  
Soundview Medical Supplies for Home Care  
Swedish Visiting Nurse Services  
The Woodmark at Steel Lake