

Conference attendees will:

- Hear an inspiring keynote speech
- Learn from info-packed workshops
- Eat a tasty lunch
- Chat with others in similar situations
- Meet expert service providers
- Enter to win high quality door prizes
- Coffee, chocolate, and conversation

Tickets

Early Bird special \$45 per person (before 10-15-18)

\$55 per person (after 10-15-18)

\$60 at door

Includes morning beverages, a box lunch, and afternoon treats.

Purchase at www.avenidas.org

No refunds will be provided after 10-15-18!



Sponsors

Platinum



Gold



Silver



Bronze

Belmont Village, Family Matters, GRAMedical, Institute On Aging, Seniors at Home, Senior Seasons, Top Move Management



and



present

The 15th Annual Caregiver Conference

“Creating Your Master Plan”



Saturday, November 10
8am to 3:30pm

Mitchell Park Center
3700 Middlefield Rd, Palo Alto

Call (650) 289-5445 for
more information!

8:00-8:30am: Registration. Coffee, tea, and orange juice will be provided by Home Instead Senior Care. Visit our sponsors for a chance to win door prizes.

8:30-9:30am: Keynote Speaker: **Dr. Philip Choe**, Associate Director, Stanford Geriatric Fellowship Program. “Don’t Go It Alone: Healthy Caregiving, Community and Connection” and Q & A.

9:45-11am: Session A (Choose from 1, 2, or 3)

Reducing Stress, Maximizing Strengths

1. Empowered Caregiving

Paula Wolfson, LCSW, Avenidas Care Partners Manager

Imagine being a compassionate, guilt-free family caregiver who can set boundaries, say no, delegate tasks and turn negative thoughts into positive action. Join speaker for an interactive session and caregiver support group.

Legal, Health, and Financial Proactive Planning

2. Elder Estate Planning

Deborah G. Kramer Radin, Kramer-Radin, LLP

Health and financial durable powers of attorney will be reviewed, focusing on the critical importance of having both (for yourself and the care recipient) formalized prior to a crisis. You’ll also learn the legal steps for identifying, responding to and preventing elder abuse.

Respite and Renewal Support and Services

3. Caregiving in Place Panel

Melissa Fischer, COO, NurseRegistry; Michelle Rogers, Owner, Home Instead Senior Care; Kristina Lugo, LCSW, Avenidas Rose Kleiner Center Director, Erika Thomas, Avenidas Village Director

A panel of experts will discuss community resources to help you keep your loved one at home: private duty nurses, home care, adult day health, and community support through joining a Village program.

11:15-12:30pm: Session B (Choose from 4, 5, or 6)

4. It’s a Marathon: Not a Sprint

Christina Irving, LCSW, Family Care Alliance

Learn to identify stress points and triggers as well as strategies for maximizing self-care and reducing stress. Learn about Bay Area family caregiver supports and review the Family Caregiver Alliance online resources.

5. Hospital to Home: Goals of Care

Dr. Rita Ghatak, Elder Care Specialist, Founder Aging Adult Services, Stanford Hospital

Speaker will share best practices and guidelines to help you navigate a medical crisis, emergency room stays, hospital discharge and goals of care.

6. Care Communities and Making a Move

*Kaye Sharbrough, Director, Senior Seasons
Cindy Hofen, Owner, Managing Moves & More*

You’ll receive a comprehensive presentation on assisted living and memory care communities, a thorough understanding of the admissions process, and information on how to prepare for a stress-free relocation for your care recipient (and for you).

12:30-1:30pm: Lunch. Interact with sponsors. Door prizes awarded.

1:30-2:45pm: Session C (Choose 7, 8, or 9)

7. Caregiving, Care Grieving

Emily Farber, MSW, Avenidas Care Partners

What is ambiguous loss and anticipatory grief? Discover strategies for coping with ongoing loss, signs of depression and when to contact one’s physician for therapeutic intervention.

8. The Cost of Caregiving

Minda Cutcher, Daily Money Manager, President of Love and Order

“How am I going to pay for this?” is a commonly asked question. See how to create a sustainable budget based on your assets, costs of care and review eligibility criteria for various benefits.

9. Design-Thinking Strategies for Caregivers

Dennis Boyle, Co-Founder IDEO

This is an interactive and experiential workshop for caregivers to learn problem-solving, design-thinking strategies from a top industry expert. We will focus on one of the most complicated issues confounding caregivers: taking time off!

2:50-3:30pm: “Caregiver Cafe” Enjoy coffee, chocolate, and conversation with speakers and vendors, courtesy of Care Indeed.