

(650) 289-5445 for more information

**Saturday, September 28, 2019
8:00am to 3:30pm**

Mountain View Senior Center

266 Escuela Avenue
Mountain View, 94040

Parking is free.

Early Bird Registration

Special: \$40

**Rose Kleiner Families, Avenidas
and Village Members: \$35**

**After September 20: \$45
\$50 at the door**

Conference Attendees will enjoy:

- Morning coffee & orange juice
- Inspiring Keynote speech
- Delicious lunch provided by BridgePoint at Los Altos
- Choice of 9 info-packed workshops
- Afternoon dessert and beverages
- Access to sponsors who are expert service providers
- Special group sessions
- Door prizes

Note: No refunds will be issued for cancellations made after **September 20.**

Sponsors

Presenting Co-Sponsor

El Camino Hospital

Platinum



Gold



Silver



Bronze

Managing Moves & More
Senior Shower Project
Top Move Management



and



Caregiver Conference



**“Caregiving
Re-Imagined”
September 28, 2019**

**Conference Information:
(650) 289-5445**

To register, mail enclosed form or visit
www.avenidas.org

Conference Schedule

8:00 to 8:30am: Registration Coffee courtesy of Peets at Town & Country Palo Alto. Tea and orange juice also served. Visit sponsor booths to win prizes!

8:30 to 9:30am: **Introductions, Overview, and Keynote Address: "The Challenges of Caregiving and Aging in America!" Dr. Mehrdad Ayati, MD.** Dr. Ayati will highlight his testimony before the U.S Senate Special Committee on Aging concerning the essential role of the family caregiver: public efforts to enhance healthy aging, access to resources and Medicare coverage for custodial care.

SELF-CARE

COMMUNITY RESOURCES

RE-IMAGINING CARE

9:45 to 11:00am: Session 1 (choose workshop 1, 2, or 3)

1: Because You Are Worth It: Self-Care!

Alex Morris, Gerontologist, Alzheimer's Association

This interactive session helps you create a sustainable self-care plan with strategies for energy renewal, cognitive fitness, brain and body wellness.

2: Service with a Smile: The Avenidas All Star Team!

Meet our Avenidas staff and hear how we support caregivers and their loved ones including Adult Day Health, Case Management, Elder Care Consults, Caregiver Support Groups, Avenidas Village and community connections.

3: Sensory Awareness Training: Dementia Inside Out! Care Indeed Staff

Increase your sensory awareness of dementia to promote enhanced caregiver coping with loved one's challenges by viewing a Virtual Reality (VR) training on screen. Several VR headsets will also be available to try out.

11:00 to 11:15am: **Break** Visit sponsor booths to win prizes!

11:15am to 12:30pm: **Session 2** (choose workshop 4, 5, or 6)

4: Taking Control: Family Role Reversals

Christina Irving, LCSW, Family Caregiver Alliance

Learn successful strategies for working cooperatively with loved ones, such as holding productive team meetings, delegating tasks and sharing responsibilities.

5: When Do You Need A Second Opinion?

Dr. Ayati, Director of the Geriatric Center

Do you have questions about medications, depression, dementia, sleep, diet, or caregiver health? This is your chance to get your questions answered by an expert.

6: Being in the Moment! Dementia Care Re-Imagined

Emily Farber, Director Social Work, RKC

Discover techniques for effective dementia care communications and fun activities you can do at home.

12:30 to 1:30pm: **Lunch** Visit sponsor booths to win prizes!

*****Prize drawing is at 1:20pm—you must be present to win!*****

1:30 to 2:45pm: **Session 3:** (choose workshop 7, 8, or 9)

7: Mind Over Mood: Managing Caregiver Trigger Points

Paula Wolfson, LCSW, Manager Avenidas Care Partners

Change how you feel by changing how you think! Learn techniques for minimizing emotional reactivity and maximizing resilience.

8: Compassionate Conversations: Your Voice, Your Vision!

Mary Matthiesen, Community Engagement and Education Director, Mission Hospice

Purposeful session to explore multiple creative resources for navigating end of life care plans. Discussion will center on Death Cafes, Go Wish Cards, Advanced Directives, and hospice care.

9: Is it Safe to go Home? Navigating the Hospital Discharge Process

Milena Matzinger, PT, DPT at Stanford Hospital

Review critical components of the hospital discharge evaluation process, referrals for skilled services, placement, non-skilled custodial care and the importance of the caregiver role.

2:50 to 3:30pm: Caregiver Cafe: Come join us at the Avenidas Rose Kleiner Center for cookies and lemonade and to meet with like-minded individuals and share stories.

3:30pm: **Conference Ends**