



17th Annual Caregiver Conference

A Caregiver's Harvest: Care, Comfort & Compassion



Saturday
November 10, 2012
Fountain of Life
Lutheran Church
710 S. Kolb Rd.
Tucson, Arizona

Sponsors:



Conference Agenda

8:30 – 9:00 a.m.
Registration,
Continental Breakfast & Exhibits

9:00 – 9:15 a.m.
Welcome
Karen Ring, President
Caregiver Consortium

9:15 - 10:15 a.m.
Keynote Speaker
Frena Gray-Davidson
A Caregiver's Journey –
Light the Path & Lessen the Load

10:15 – 10:30 a.m. BREAK

10:30 – 11:30 a.m.
Caregiving: Elder Law and Estate Planning
Kay Richter, MSW, JD

11:30 – 12:45 p.m.
LUNCH & Exhibits

12:45 – 1:45 p.m.
**Panel: Understanding Palliative Care –
A Compassionate Team Approach**

Presenters:

Barbra Allen, RN, C.
U of A Medical Center
Family Caregiver

Larry Lincoln, MD
Medical Director, TMC Hospice
Retired Infectious Disease Specialist

Lorraine Yentzer, RN, BSN, CHPN
Certified Hospice and Palliative Care Nurse,
Consultant at St. Mary's Hospital

Jan Sturges, M.Ed., LPC, Moderator

1:45 – 2:00 p.m. BREAK

2:00 – 2:45 p.m.
LaughingStock Comedy Company
What's So Funny About Being A Caregiver?

2:45 – 3:00 p.m. Evaluations and Closing

Are You a Caregiver?

Do you help a family member or friend with:

- running errands?
- meal planning or grocery shopping?
- bill paying or financial assistance?
- personal care such as grooming and/or bathing?

If you answered "yes" to one or more questions above, you have joined the ever growing number of family caregivers in the United States.

Almost all of us will be caregivers at some point in our lives. We may care for a parent, spouse or friend. It may be for a few hours, a week or all day, *every day*.

The information provided at this conference will help you be prepared, both practically and emotionally.

What is the Caregiver Consortium?

The Caregiver Consortium is a not-for-profit organization. Our mission is: to promote awareness of caregiving, to provide access to resources and services and to empower caregivers of older adults through education and advocacy.

Keynote Speaker

Frena Gray-Davidson



Journalist
Trainer
Speaker

Born and raised in London, England, Frena Gray-Davidson has worked as a journalist, feature writer, radio correspondent, public speaker and teacher. She is a trainer for professional and family caregivers and a support group facilitator. For 20 years Frena has lived and worked with people who have dementia and Alzheimer's disease and provides an unmatched practical understanding of dementia care. She is the author of seven books about Caregiving, Alzheimer's and Dementia Care. Her writing, including her recent book, *Speaking Dementia* comes directly from her hands-on work as a caregiver.

Frena's presentation will address the importance of picking your battles carefully, training your doctor and nurturing your spirit.

Yes, it IS all about you!

Conference Presenters

Kay Richter, MSW, JD

Attorney in private practice and Past President of the Board of the National Academy of Elder Law Attorneys-Arizona Chapter

Caregiving: Elder Law and Estate Planning

Seeking legal advice and services can seem overwhelming to many caregivers and families. Gain valuable information from an experienced attorney about the importance of making legal preparations. Kay will review the necessary legal documents and the various legal issues affecting caregivers, older adults and their families.

Panel: Understanding Palliative Care – A Compassionate Team Approach

Palliative care is specialized, compassionate care for people of any age with chronic, serious or potentially life-threatening illnesses. It focuses on pain management and quality of life. A defining feature is a health care team approach designed to address the spectrum of medical, emotional and spiritual issues faced by patients and family members. Join our panel for a discussion about the myths, facts and goals of Palliative Care.

Conference Presenters

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Jan Sturges, M.Ed., LPC, Moderator

Caregiver Coordinator, UA Life & Work
Connections at the University of Arizona

LaughingStock Comedy Co.

What's So Funny About Being A Caregiver?

Join this creative, fun and live improvisational comedy team in celebrating family caregivers! Through extensive research, audience input and gifted expertise, the LaughingStock Comedy Company duo performs spontaneous scenes that highlight the joys, frustrations, foibles and follies experienced by caregivers everywhere.



Yes! I will attend the
17th Annual
Caregiver Conference

A Caregiver's Harvest: Care, Comfort & Compassion

Register For: Price

- Family Caregiver \$30
- Professional \$60

Includes CEUs

- Nursing CEUs
- Social Work CEUs
- I would like a vegetarian meal.

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Family Caregivers will receive the Caregiver Manual "How to Be a Resilient Caregiver."

Respite Care available on a limited basis.
Call Debra Anderson (520) 322-6601

Check or Money Order payable by October 31st
to: Caregiver Consortium
PO Box 12381, Tucson, AZ 85732-2381

Registration online:
www.caregiverconsortium.org
Conference info: Julie Bubul (520) 579-7105
Jessie Pergrin (520) 888-3930

**“The heart is always within, the spirit is always present
and the soul is always yearning for the love, acceptance
and respect of those who care for them.”**

— Frena Gray-Davidson