

2019 "Striking a Balance" Caregiver Conference

8:30 a.m. **Registration and Resource Fair**

9:00 a.m. **Breakout Sessions #1:**

Phoenix Ballroom:

Coping with Grief

Dr. Eboni Green

Caregiving invites a wide range of emotions tied to feelings of sorrow; we will explore common feelings associated with anticipatory and post caregiving-related grief and loss.

Austin Meeting Room:

Caregiving at Home and Medication Safety Tips

Dr. Christy Khoury-Dennis and Mary Duran

How to safely provide personal care at home utilizing techniques and tools, and enabling caregivers to take active roles in medication and health care management.

DeWitt Meeting Room:

Combating Fraud and Scams

Caryn Gulas

How to become empowered in the fight against fraud and scams with proven resources and tools to help you spot and avoid identity theft and numerous other types of fraud and scams.

10:15 a.m. **Break and Resource Fair**

10:30 a.m. **Breakout Sessions #2:**

Austin Meeting Room:

Advanced Care Planning

Trelisha Brown

How to talk to your loved ones about the health care they want to receive, based on personal values and preferences, including the types of treatment they would or would not want should they be diagnosed with a life-limiting illness.

DeWitt Meeting Room:

Positive Approach to Care™

Stephen Catoe

The Positive Approach to Care™ concept, developed by Teepa Snow, supports people living with dementia by equipping caregivers with specific skills to increase their understanding of what it is like to live with dementia.

11:45 a.m. **Break and Resource Fair**

12:00 p.m. **Lunch and Keynote Presentation:**

Dr. Eboni Green: "Bridging the Family Communication Gap"

This session will provide you with strategies and resources to have productive care conversations with your loved one, and how to frame and (when necessary) refocus the conversation, so that siblings and other relatives are guided to put their differences aside to focus on the care of your loved one.

1:15 p.m. **Question and Answer Sessions:**

Phoenix Ballroom:

Coping with Grief and Family Dynamics

Dr. Eboni Brown

Moderator: K.C. Lawrence, LMSW

Austin Meeting Room:

Advanced Care Planning

Trelisha Brown

Moderator: Lori Hill

DeWitt Meeting Room:

Viewing Care Through the Eyes of the Care Receiver

Steve Catoe

Moderator: Jessica Martone

2:00 p.m. **Conference Ends**

**Please complete a brief survey before you leave to let us know how to improve this event. Thank you!*