

# CARING for the CAREGIVER

10th Annual Event for the Mind, Body and Spirit ~ All Caregivers Welcome, Family and Professional

## Silver Linings

Keynote Speaker :  
Stephanie Sue Stein

"Caregiving: Valuing the Invaluable"

**Saturday, December 3, 2016**

**9 a.m. – 4 p.m. | Registration 9-9:30 a.m. | Keynote Speaker — 9:45 a.m.**  
Marquette University's Alumni Memorial Union  
1442 W. Wisconsin Ave., Milwaukee

### SELECT FROM 10 WORKSHOPS AND DISCUSSION GROUPS

Creating An Advanced Directive ♦ Asset Preservation: Do You Have a Plan to Maximize Your Finances? ♦ Building A Dementia-Capable/Friendly Milwaukee County ♦ Parkinson's Disease: The Basics and Beyond ♦ Wounds You Can't See: Caregiving For Those With Mental and Cognitive Health Conditions ♦ What YOU Need to Know About Alzheimer's Disease and Other Dementias ♦ Advocacy In Action ♦ Art Therapy and Life Enrichment ♦ Dementia-Capable Care of Adults with Disabilities and Dementia ♦ Conversation Among Caregivers *(more details on back)*

PLUS: Consults with Elder Law Attorneys and Other Community Resource Specialists and Service Providers

#### ENJOY:

REFRESHMENTS ~ SIT-DOWN LUNCH ~ DOOR PRIZES ~ NETWORKING WITH OTHER CAREGIVERS

**Register by November 25 → Fee \$15**

Need-based scholarships and respite care reimbursements available for this event.

**Free parking** in visitor garage on left side of 16th Street between Wells & Wisconsin Ave.

**Bus Routes 14, 23, 30 & 31**

[www.tinyurl.com/silverlinings2016](http://www.tinyurl.com/silverlinings2016) or call (414) 220-8600



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# CARING FOR THE CAREGIVER TOPICS & SPEAKERS

Select one workshop for each session.

## SESSION 1 - 11 AM – 12 PM

### **Creating an Advanced Directive** – Lindsey Fabyan, Kristen Sheeran, and Sara O'Hara

This interactive workshop will provide a brief overview of Advanced Directives in the state of Wisconsin. Participants will receive blank copies of each form and personal assistance with completing.

### **Asset Preservation: Do You Have a Plan to Maximize Your Finances?** – Melissa Robe and Elyse Shaw

Learn how careful planning of personal finances can maximize options in long-term care and transitional needs. This presentation will provide an overview of asset protection, preservation, and discussion on how to access legal, financial, healthcare, and non-medical benefits within our community.

### **Building a Dementia-Capable/Friendly Milwaukee County** – Bashir Easter

A dementia friendly community builds a framework that supports and takes responsibility for enlarging the beneficial effect of services for persons with dementia and their caregivers.

## SESSION 2 - 1 PM – 2 PM

### **Parkinson's Disease: The Basics and Beyond** – Jeremy Otte

This session will cover the signs and symptoms of Parkinson's disease, how it is diagnosed, and the current treatment options. We will also discuss local programs and resources for people with Parkinson's disease.

### **Wounds You Can't See: Caregiving for Those with Mental and Cognitive Health Conditions** – Dr. Allison Jahn

Caregivers face additional challenges when mental health conditions are compounded with their loved one's memory decline or medical illness. The focus of this session will be building skills, connections and resources.

### **What You Need to Know About Alzheimer's Disease and Other Related Dementias** – Diane Baughn

This presentation will offer an overview of the disease and how it affects the brain, as well as some communication tips and hints. Participants will learn more about advocacy at home, in healthcare settings and in public.

## SESSION 3 - 2:15 PM - 3:15 PM

### **Advocacy In Action** – Miriam Behselich and Dr. Marisa Beffel

This presentation will highlight the direct and indirect ways caregivers promote advocacy as a means to maintaining dignity and quality of life.

### **Art Therapy and Life Enrichment** – Emily Kim

This presentation will introduce art therapy and its benefits for aging elders and their caregivers.

### **Dementia-Capable Care of Adults with Intellectual Disabilities** – Jeremy Gundlack and Brenda Bauer

Six in 10 individuals with Down syndrome will develop dementia, and many more people with intellectual disabilities (ID) also experience early-onset dementia. This interactive workshop covers the basic concepts of care of an adult with ID and dementia.

**Conversations Among Caregivers** – facilitated by Lynda Markut. These are guided forums for caregivers to share their concerns, compassion, experiences and wisdom with each other. There will be a conversation gathering available at 11:00, 1:00 and 2:15.

**3:30 PM: DOOR PRIZES, EVALUATIONS**