11th Annual Caregiver Conference

Be Knowledgeable.
Be Prepared.
Be Positive.

Don't miss this exciting and educational conference for family caregivers and professionals. This special day will include light breakfast and lunch, speakers, vendors and door prizes.

Friday, September 29, 2017
8:00AM – 3:30PM
Conference fee: $29 ($9.17 for 62+)

Platinum sponsors:

Amery Hospital & Clinic
Hudson Hospital & Clinic
Lakeview Hospital
Stillwater Medical Group
Westfields Hospital & Clinic

Keynote Speaker – Navigating the Journey
Speaker: Teepa Snow, Positive Approach, LLC & teepasnow.com
This presentation is designed to help those caring for someone who is experiencing problems with thinking, memory, language, or behavior. It will address a wide variety of common concerns and issues from the earliest stages of cognitive changes until the end of journey resulting in death due to complications of brain failure.

Learners will see the difference between normal aging changes that happen to everyone and the changes they may be noticing in the person they are trying to help. Added emphasis will be placed on discriminating among the various dementias so that care can be matched to the type(s) that person has. The session will also address the right supports and help in place and determining the resources and environment where care can best be delivered given for that individual. Highlighting indicators that the condition has progressed and new or different supports and care strategies and programs are needed from the beginning to the end of the disease process.

Common problems will be addressed that happen when someone has dementia including hospitalizations, medications complications, and ER visits. Strategies to minimize or reduce the risk of negative outcomes will be provided and discussed.

Closing Speaker – Making Moments of Joy
Speaker: Teepa Snow, Positive Approach, LLC & teepasnow.com
This session is designed to help caregivers recognize and appreciate their role in creating days that are filled with moments of joy and meaningful activities when caring for someone with dementia. Emphasis will be placed on developing an awareness of the importance the caregiver’s attitude and behavior play in determining the reactions and behaviors of the person for whom they are providing care. Self-awareness and self-assessment will be used to help caregivers acknowledge their own status and emotional state. There will also be a discussion of the importance of recognizing ‘burn out’ and stress to determine if the caregiver is able, at this time, to find or create moments of joy OR may need respite and time away or additional assistance and support to re-establish relationships that allow joy to be part of the day.

Conference Agenda
8:00-8:30am ..........Registration/Resource Fair/ Continental Breakfast – Conference Center
8:00-1:30pm ..........Massages Available
8:30-8:45am ..........Opening Remarks
8:45-9:45am ..........Keynote Speaker, Teepa Snow – Navigating the Journey
9:45-10am .............Resource Fair
10:00-11am ..........Breakout Session I
11:00-11:15am ......Break/Resource Fair
11:15-12:15pm .......Breakout Session II
12:15-1:15pm ........Lunch (included in registration fee)/ Resource Fair – Student Lounge
1:15-2:15pm ..........Breakout Session III
2:15-3:15pm ..........Closing Presentation – Making Moments of Joy, by Teepa Snow
3:15-3:30pm ..........Door Prizes/Evaluations
1a: Learning the Art of Being an Advocate & Partner  
Presenter: Teepa Snow, Positive Approach, LLC & teepasnow.com  
This session will help learners better understand what is happening when someone has dementia. We will explore the ‘state of the art and science’ in delivering the BEST care possible. The goal for the session is to help attendees recognize the need to change expectations, care, and plans as the condition progresses without becoming a negative or hopeless entity. We will focus on how to use more positive engagement opportunities to foster the well-being of all involved.

1b: Overview of the Department of Veterans Affairs and the VA Caregiver Support Program, Presenter: Michael Reckard, LICSW, Minneapolis VA Medical Center  
This presentation will provide an overview of the US Department of Veterans Affairs, the State Department of Veterans Affairs, and the Minneapolis VA Health Care System. General information regarding eligibility requirements and benefits will be relayed. Moreover, a detailed discussion regarding the VA Caregiver Support Program will occur; which will include specific information on supportive programming and resources available to caregivers of veterans.

1c: Music & Memory – The Wisconsin Journey, Presenter: Kevin Coughlin, Policy Initiative Advisor-Executive, Division of Medicaid Services  
Come to this exciting presentation to see the power that personalized music can have on an individual with Dementia and their caregiver. Hear how Wisconsin got started and is leading the nation with Music & Memory. Find out the exciting programs that are happening in people’s homes, through Aging & Disability Resource Centers, and libraries. Learn how the Music & Memory Program can help a caregiver be knowledgeable, prepared, and positive when caring for a person with dementia.

1d: Three-D Approach… Delirium, Dementia, Depression  
Presenter: Shelly Wagner, RN-BC, Allina Health  
Distinguish the difference between delirium, dementia, and depression. There will be discussion on treatment goals, symptom management and challenging behaviors when caring for patients experiencing these conditions.

2a: Male Caregivers: Helping Meet Their Needs and Challenges, Presenter: Teepa Snow, Positive Approach, LLC & teepasnow.com  
The male caregiver often faces unique challenges. When their partner develops and lives with some form of dementia, this person is now trying to determine how to deal with the changing abilities and needs of another person. The reality of coping with changes in roles, relationships, and responsibilities can rapidly overwhelm even the most dedicated of care partners. Come learn about the unique prospective of the male caregiver, and how those of us in support positions can better provide what is needed for that type of care partner.

2b: Planning with Trusts, Presenter: Jennifer O’Neill, CELA, O’Neill Elder Law  
Trusts can be helpful tools for estate and long term care planning. But many people are confused by trusts. Learn trust basics and how trusts are used for planning.

2c: Male Caregivers: Helping Meet Their Needs and Challenges, Presenter: Teepa Snow, Positive Approach, LLC & teepasnow.com  
This session will help learners develop better interaction skills when working with people with dementia. It will emphasize the value of empathetic communication in combination with redirection and distraction. This approach is used to cope with distress and promote the use of “go with the flow” and improved non-verbal strategies to enhance client understanding and responses. The goal of the session is to reduce or minimize unproductive conversations and resistive behaviors by using effective verbal and non-verbal skills.

2d: Complementary Alternative Medicine for Patients & Caregivers, Presenter: Gigi Stafne, Director, The Green Wisdom School of Natural & Botanical Medicine  
There is a cascade of information about CAM, Complementary Alternative Medicine, for patients and caregivers presently, from Prevention Magazine to professional medical journals. What are the best, proven health and wellness solutions for you to choose from for patients, family members and yourself, from herbs to meditation? Learn factual information about 20+ modalities for overall health and wellness.

3a: Reality Orientation, Lying, Go with the Flow, Redirection, Validation, Empathy: Confrontational vs. Supportive Communication, Presenter: Teepa Snow, Positive Approach, LLC & teepasnow.com  
This session will help learners develop better interaction skills when working with people with dementia. It will emphasize the value of empathetic communication in combination with redirection and distraction. This approach is used to cope with distress and promote the use of “go with the flow” and improved non-verbal strategies to enhance client understanding and responses. The goal of the session is to reduce or minimize unproductive conversations and resistive behaviors by using effective verbal and non-verbal skills.

3b: Adult Protective Services 101, Presenters: Jo Anne Friedell, CSW & Bonnie Edlund, LPC, St Croix Country Health & Human Services  
Adult Protective Services (APS) assist older adults (60 and older) and adults at risk who may be victims of abuse, neglect including self-neglect and financial exploitation. Abusers are often relatives of the victim although caregivers, friends, neighbors and strangers also commit elder abuse. APS workers are mandated under Wisconsin Statutes to respond to reports (referrals) of suspected abuse by conducting an investigation or refer the report to another agency for investigation. This session will provide a general review of the statutes governing APS including what qualifies as abuse or neglect. Discussion of possible responses when a referral is made as well as providing examples to better explain the process and decision making involved.

3c: The Birds and The Bees: Be Informed of Changes in Sexual Intimacy and Caregiving, Presenter: Kathy Beran, Amery Hospital and Clinic – Behavioral Health Center  
Let's talk about the aging birds and the bees, what's normal behavior, what's not? Learn to be aware of changes in sexual intimacy, be prepared to handle those uncomfortable situations with laughter and humor.

3d: Advance Care Planning: Who Will Speak for You When You Cannot Speak for Yourself? Presenter: Dr. Kristin Severson, Hudson Physicians & Julie Holle, RN, Adoray  
As a capable adult, you have many rights when you receive health care. You have the right to be told about your medical choices and their benefits and risks. Dr. Severson will discuss how not having these conversations with your physician and family can negatively affect your end-of-life care. Advance care planning is a process of understanding, reflecting on and discussing future medical decisions, including end-of-life preferences.

Dementia 360 Workshop  
MARK YOUR CALENDARS FOR ANOTHER SPECIAL EVENT  
SAVE THE DATE  
Thursday, September 28, 2017  
6:00-8:00pm  
WITC-New Richmond Conf. Center  
FREE to the Public. Registration is Required.  
Register with New Richmond Community Education at 715.243.7421 or newrichmond.k12.wi.us.
**REGISTRATION FORM**
for Continuing Education (non-credit) Courses

**CLASS NO.** 64969
**CATALOG NO.** 47 520 405
**CLASS TITLE** Caregiver Conference
**LOCATION** New Richmond
**START DATE** 09/29
**CLASS FEE** $29 (59.17 for 62+)

Once registered for a course(s), you have created a liability with WITC and a promise to pay.

**OFFICE USE ONLY**
Term: ____________________________
☐ 38.14 Contract # __________________________
☐ Employer # __________________________
Course Fees $ __________________________
Senior Fee $ __________________________
Other __________________________
Received By/Ext. __________________________
Date/Time __________________________

**Sponsored Registration:**
If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.

Name of Business/Agency __________________________

I authorize WITC to forward information regarding the completion of this course to the sponsor listed above. __________________________

Student Signature __________________________

PAYMENT METHOD:
☐ Check or money order payable to WITC
☐ Cash
☐ MasterCard
☐ Visa
☐ Discover
☐ Exp. Date ________ Security Code
☐ Agency Bill/Sponsored Registration - complete information below; attach required authorization
☐ Month / Year

Credit Card No. __________________________
Name on Card __________________________
Cardholder Signature __________________________

**The information below is required for state and federal reporting purposes, and will be kept confidential.**

**Gender:** ☐ Male ☐ Female

**Race (check all that apply):** ☐ American Indian/Alaska Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Other Pacific Islander ☐ White

**Highest Credential Earned:**
☐ 01 = No Credential
☐ 02 = GED
☐ 03 = HSED
☐ 04 = High School Diploma
☐ 05 = Some college credit
☐ 06 = Short-term diploma or certificate
☐ 07 = 1 yr Diploma
☐ 08 = 2yr Diploma
☐ 09 = Associate Degree
☐ 10 = Associate Degree Plus Additional Credential
☐ 11 = Baccalaureate
☐ 12 = More than Baccalaureate
☐ 99 = Student Declined/Unknown

**Highest grade completed:**

**It is your responsibility to contact WITC to officially drop a class.** If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

**If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.**

**Location:**

**Date/Time:**

**PAYMENT METHOD:**

☐ Check or money order payable to WITC
☐ Cash
☐ MasterCard
☐ Visa
☐ Discover

**Exp. Date** ________ **Security Code**

☐ Agency Bill/Sponsored Registration - complete information below; attach required authorization

**Credit Card No.** __________________________

**Name on Card** __________________________

**Cardholder Signature** __________________________
Don’t miss this exciting and educational conference for family caregivers and professionals. This special day will include light breakfast and lunch, speakers, vendors and door prizes.

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WITC-New Richmond
1019 S. Knowles Ave • New Richmond, WI 54017

WITC is an Equal Opportunity Educator/Employer.