First Annual
National Caregiving Conference

Support ~ Encouragement ~ Community

Presented by CareGiving.com
and The Center for Family Caregivers

Steering Committee:

Cathy Braxton
Denise M. Brown
Vivian Geary
Bruce McIntyre
Chris MacLellan
Tami Neumann
Liz O'Donnell
Lisa Riggi
MaryAnne Sterling
We're so grateful to these sponsors which make our conference possible:
First Annual National Caregiving Conference Agenda

Friday, December 2 Agenda (Pre-Conference Intensives)

1 p.m. -- 5 p.m.

Four-Hour Intensives

Dementia RAW Training with Catherine Braxton and Tami Neumann, DementiaRaw.com
Dementia RAW lays the foundation for communicating with persons with dementia by using the rules of improv. With this framework, you will be able to create simplicity out of chaos. This highly interactive program challenges participants to dig deep, excavating the RAW emotions surrounding empathy and developing a Conscious Awareness of the distorted reality of dementia. Once these skills are established, participants can apply them to the rules of improv, creating peak moments of success for those with dementia and their caregivers.

Room: Chicago E

Two-Hour Intensives

1 p.m. - 2:50 p.m.

1. Care Maps for Family Caregivers with Rajiv Mehta, AtlasofCaregiving.com
Discover how “care maps” can help you understand and improve your daily caregiving experience. A care map is a visual representation of the people (family, friends and professionals) in your care network. In this workshop you will create your own care map, and learn how to use it to address the challenges of caregiving.

Room: Terminal 3

2. Caregivers Create
Take down time to create during this come-as-you and stay-as-long-as-you-want workshop. We'll supply you with what you need to draw, paint, Zentangle, journal, doodle and color. Feel free to bring your knitting, crocheting or other handiwork. As you create, share and connect with your fellow artisans. We'll display what you create on Saturday in the conference Exhibit Hall.

Room: Salon 10

3. How Hospitals Can Better Support the Caregiving Years with Heather Slutzky, HealthCareHeather.com
During this training, Heather will orient health care professionals to the concept of The Caregiving Years, which follows family caregivers along a continuum of stages. Heather will help professional providers understand the common stumbles that family caregivers make during each of the six stages. She'll suggest easy, effective ways that professional providers can smooth the caregiving experience by focusing on countermeasures to those common stumbles. At the end of the workshop, healthcare providers will understand that the distinctions between different parts of the caregiving experience will help shape the way they behave at the bedside.

Room: Chicago F
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Mama Peaches and Me
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Christin McWhorter
National Family Caregiver Support Program

www.AuthorChristopher.com
4. Graceful Transitions for Unwelcome Changes with Bruce McIntyre, BruceMcIntyre.com
Change. For family caregivers, this usually means unwelcome changes. But, it's not the changes that get you, it's the transitions. In this talk or intensive session, Bruce uses three primary models to help participants process seven likely changes including: 1. Health, 2. Driving, 3. Home, 4. Finances, 5. Mental, 6. Protection and 7. Legacy and Death. Easily integrating conversation from the participants, the goal of this sessions is to equip family caregivers with new tools to become a catalyst for graceful transitions through unwelcome changes.

Room: Chicago G

5. Seven Habits of Successful Family Caregivers with Liz O'Donnell, WorkingDaughter.com
Why is it some family caregivers make it all look easy, or at least not impossible, and others struggle every step of the way? Effective caregivers share several good habits. In this two-hour workshop, Liz will guide you through exercises to help you overcome the limiting beliefs that hold family caregivers back from pursuing their own life goals, as well as share the seven habits of successful family caregivers.

Room: Salon 8

6. Take Time to Make Memories with Vivian Geary, FamilyCaregiversNow.com
Re-ignite your passion and give new life to your dreams. In this intensive, you will explore the things that fuel your soul and learn how to incorporate them into your day while being a family caregiver. We will also explore how to do the same for your caree.

Room: Salon 9

Two-Hour Intensives

3:05 p.m. - 5 p.m.

1. Care Maps for Care Professionals with Rajiv Mehta
Discover how “care maps” can help you understand and better serve the families you support. A care map is a visual representation of the people (family, friends and professionals) in a particular family’s care network. In this workshop you will create a care map, and learn how to use it to improve the effectiveness of all members of the care team.

Room: Terminal 3

2. The LGBT Cultural Competency Caregiving Training with Chris MacLellan, TheBowTieGuy.com
The LGBT Cultural Competency Caregiving Training is designed to focus on helping professionals understand the specific needs and fears that LGBT family caregivers face when accessing medical and professional services. While current trends in society show a shifting to accept the LGBT Community, accessing medical and professional services who do not understand the specific needs of the LGBT family caregiver is problematic for both the provider and the LGBT family caregiver. This training will detail how Elizabeth Noelle-Neumann (1974) Spiral of Silence communication theory plays a critical role in why LGBT family caregivers have operated out of fear.

Room: Salon 8

5 ~ National Caregiving Conference presented by CareGiving.com ~ 5
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3. Mindfulness Based Dementia Care with Andrew Koch
Andrew will discuss a mindfulness based philosophy of care. He will introduce us to the concept of mindfulness and lead guided meditation at the end of the webinar.

Room: Salon 9

4. Make Prosperity a Habit: How to Turn Your Vision into Reality with Ellen Rogen, EllenRogen.com
What if you could create more prosperity and success than you ever imagined? And, what if it were easier than you thought possible? This workshop is designed to help you create a clear vision of your own financial success and overcome the obstacles of negative thinking that may be keeping you from turning your vision into reality. Ellen Rogen, a financial advisor, TEDx speaker, and New York Times bestselling author and will show you how to be great with money.

Room: Chicago G

5. Turning Caregiving into Activism: Stepping Out of Your Comfort Zone with MaryAnne Sterling, ConnectedHealthResources.com
Family caregivers acquire extensive knowledge of specific diseases, medications, the healthcare and social services systems, health insurance, care delivery, and beyond, during their caregiving journey. In this session, attendees will learn how to take their caregiving experience and use it to shape healthcare policy, participate in medical research, change care delivery, and influence new technology. We will look at national, state, and local examples and empower each attendee with actionable information to jump-start their new journeys as empowered advocates.

Room: Chicago F
When is the right time to move my loved one into a community?

At Lakeview Memory Care Community in Bloomingdale, we serve residents with all forms of dementia. However, you may be unsure about when the time is right to move your loved one.

That is why we offer Hourly Care and Respite Care. To learn more about these short-term stays, contact Jessica Meyer at (224) 339-4655.

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Saturday Agenda

7:30 a.m.: Registration, Continental Breakfast in Chicago Ballroom, Exhibit Floor Opens

8 a.m.: Breakfast with Richard Liu, MSNBC anchor and journalist, @RichardLui

9 a.m: Opening Remarks from Denise M. Brown in Grand Ballroom

9:05 a.m.: The Yoga of Caregiving with Gael Chiarella Alba in Grand Ballroom

9:20 a.m.: Keynote with Bruce McIntyre, BruceMcIntyre.com, @BruceMcIntyre2, “Thrive Anyway!” in Grand Ballroom

Good days, bad days. Beautiful moments, tragic moments. The landscape of caregiving is rarely either/or, but almost always both/and. With original stories to set off belly laughs as well as easily relatable poignant moments, this talks weaves practical insight into a memorable experience.

10 a.m. – 11:30 a.m.: Concurrent Sessions
- Family Caregiver Sessions: Grand Ballroom
- Former Family Caregiver Sessions: Room 5-7 (Grad Ballroom)
- Working with Family Caregivers: F&G (Chicago Ballroom)

(View full bios of speakers.)

11:30 a.m. – 1 p.m. Break for Lunch in Chicago Ballroom and Time with Exhibits

12:15 p.m.: Fashion Show, Improv Show in Grand Ballroom

1 p.m. - 3:30 p.m. Concurrent Sessions
- Family Caregiver Sessions: Grand Ballroom
- Former Family Caregiver Sessions: Room 5-7 (Grand Ballroom)
- Working with Family Caregivers: F&G (Chicago Ballroom)

(View full bios of speakers.)

3:30 p.m.: Presentation of First Annual National Caregiving Technology and Product Pitch Event winner; Closing Session with Andrew Koch in Grand Ballroom

5 p.m.: Conference Ends

5:30 p.m. - 6:30 p.m. Whine and Wine (join us for a drink at the hotel bar)

7 p.m. Dinner at local restaurants with fellow attendees hosted by conference steering committee members.
Concurrent Sessions

Family Caregiver Sessions, Room: Grand Ballroom

10 a.m. Panel Discussion: How to Get Help, Ask for It and Receive It
We’ll discuss why it’s so hard to ask for help, how we figure out what help we need and then how we receive the help that really helps.
Moderator: Denise M. Brown, CareGiving, @caregiving
Panelists:
- Geri Baumblatt, Emmi Solutions, @GeriLynn
- Heather Slutzky, HealthCareHeather.com, @HeatherSlutzky
- Vivian Geary, FamilyCaregiversNow.com
- Tami Neumann, DementiaRaw.com, @CareRadio

11 a.m. Technology Overview
Learn ways to re-purpose existing technologies and about new technologies that can help in the caregiving process.
Presenter: Carl Hirschman, CareTree.me, @CareTreeMe

1 p.m. Panel Discussion: Coping on Difficult Days
When the day feels too much and too long and too hard, how do we cope? Our panelists offer their solutions to get to tomorrow.
Moderator: Liz O'Donnell, WorkingDaughter.com, @LizODTweets
Panelists:
- Bruce McIntyre, BruceMcIntyre.com, @BruceMcIntyre2
- Elizabeth Miller, HappyHealthyCaregiver.com, @HHCaregiver
- Amy Goyer, AmyGoyer.com, @amygoyer
- Michelle Seitzer, MichelleSeitzer.com, @MichelleSeitzer

2 p.m. The Dance of the Family Caregiver
This presentation looks at the relationship between movement and being a caregiver. Attendees will learn how their body language plays a role in their work as a family caregiver. Participants will be asked to experience, move, and challenge their own relationship with movement and how that aids or hinders the caregiving relationship.
Presenter: Erica Hornthal, Chicago Dance Therapy, @EricaHornthal

2:30 p.m. Panel discussion: Preparing for the Future
During our chat, we’ll discuss why it feels so odd to think about your own future during caregiving. We’ll also ask our presenters how they prepared for and prepare for their futures. What are their hopes and dreams for themselves? How does their caregiving experience change their goals for their own future? What do they now want to achieve because of what they experienced during caregiving?
Moderator: Tami Neumann, DementiaRaw.com, @CareRadio
Panelists:
- GeVonna Fassett, OliviasPrayer.org, @OliviasPrayer
- Leslie Cottrell Simonds, TheVisionaryPassage.com, @LeslieCottrell
- Michelle Seitzer, MichelleSeitzer.com, @MichelleSeitzer
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Former Family Caregiver Sessions, Rooms 5-7 (Grand Ballroom)

10 a.m. Life After Caregiving
According to the National Alliance for Caregiving, more than 44 million individuals care for a family member. What happens when caregiving ends? During this presentation, three current and former family caregivers share how relief, sadness, guilt, isolation and acceptance play a role in our lives when caregiving ends. This will be an upbeat conversation on a difficult topic.
Presenters: Chris MacLellan, TheBowTieGuy.com, @thebowtieguy; Amy Goyer, AmyGoyer.com, @amygoyer; Toula Wooten, ToulasTipsforCaregivers.com

11 a.m. The Dance of the Former Family Caregiver
Participants will be asked to experience, move, and challenge their own relationship with movement and how that aids or hinders their healing experience. Through a series of guided meditations, authentic movement, and hands-on exercises, participants will not only learn the importance of body language, but also how it might positively and negatively affect their grieving process.
Erica Hornthal, Chicago Dance Therapy, @EricaHornthal

1 p.m. Grieving and the Holidays
Grieving can feel like waves that catch you off guard and even throw you off course. Learn to understand your grieving process and to find healthy ways to cope with your grief. Iris also will share strategies to help when grieving hits during the holiday season.
Presenter: Iris Waichler, IrisWaichler.com, @IrisWaichler

1:30 p.m. Stepping Out of Your Comfort Zone
So much changes after caregiving ends that you may be tempted to stay as close to your comfort zone as possible. The safety of your comfort zone, though, keeps you from reaching your full potential in this next phase of your life. Our panelists will talk about how they got comfortable stepping out of their comfort zone and how their risks paid off.
Moderator: MaryAnne Sterling, ConnectedHealthResources.com, @SterlingHIT
Panelists:
- Matt Gurwell, KeepingUsSafe.org, @OlderDrivers
- Deb Kelsey-Davis, S2S.care, @DebKelseyDavis
- Colleen Kavanaugh, TheLongestDance.com
- Heather Slutzky, HealthCareHeather.com, @HeatherSlutzky
- Anne Tumlinson, Daughterhood.org, @daughterhood
- Chris MacLellan, TheBowTieGuy.com, @thebowtieguy

2:30 p.m. Figuring Out Next
The void left after caregiving ends can feel too big to cross and too enormous to bear. In this discussion, our panelists will share how they determined their next steps after their caregiving experiences ended and how they found the courage to take them.
Moderator: Heather Slutzky, HealthCareHeather.com, @HeatherSlutzky
Panelists:
- Colleen Kavanaugh, TheLongestDance.com
- Debbie Howard, *The Caregiving Journey: One Downward Dog at a Time*
- Claire Day, Alzheimer's Association, Delaware Valley Chapter, @clairedayalz
- Adrienne Gruberg, TheCaregiverSpace.org, @theCGspace
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Bringing New Life to Senior Living®
10 a.m. What Family Caregivers Want from Us
In order to work well with family caregivers, we need to understand what they want from us in terms of the products and services we offer. Gail will share the latest research from the National Alliance for Caregiving about what family caregivers want from the technology they use, what they need from their communities and what problems they encounter that we can help them resolve.
Presenter: Gail Hunt, Caregiving.org, @na4caregiving

11 a.m. Marketing to Family Caregivers
We want to speak to family caregivers so they hear how we can help. Which words and phrases will raise a family caregiver's antenna to our offerings? We'll share lessons learned about which messages reach family caregivers from campaigns, social media outreach and marketing events.
Moderator: Liz O'Donnell, WorkingDaughter.com, @LizODTweets
Panelists:
- Debbie Howard, The Caregiving Journey: One Downward Dog at a Time
- Amy Goyer, AmGoyer.com, @AmyGoyer
- Vivian Geary, FamilyCaregiversNow.com
- Anne Tumlinson, Daughterhood.org, @daughterhood

1 p.m. Start at Simple and Build From There
You've got one awesome idea to help family caregivers, which may not seem like enough to launch a successful business. It all starts with that one great idea and turning that great idea into one great product or service. Denise will help you see the power of that one idea and show you what you can build from there.
Presenter: Denise M. Brown, CareGiving.com, @Caregiving

1:30 p.m. Creating Programs Family Caregivers Will Use
We all know about the apps that family caregivers don't touch, the support group meetings that family caregivers don't attend and the websites that never gain traction with family caregivers. What makes a successful program or service in the eyes of the family caregiver?
Moderator: Tami Neumann, DementiaRaw.com, @CareRadio
Panelists:
- Ashley Reid, Wellist.com, @ashley_reid_
- Gael Chiarella Alba, SelfCareOasis.com, @Yokbies
- Geri Baumblatt, Emmi Solutions, @GeriLynn

2:30 p.m. Making a Difference in Your Community
We serve such an important and critical group of individuals—family caregivers. Our work can make their days better and their experiences less about regrets and more about blessings. Learn from our panelists how they're making a difference for family caregivers and how you can make your difference.
Moderator: Bruce McIntyre, BruceMcIntyre.com, @BruceMcIntyre2
Panelists:
- Vivian Geary, FamilyCaregiversNow.com
- Mary Anne Sterling, ConnectedHealthResources.com, @SterlingHIT
- Liz O'Donnell, WorkingDaughter.com, @LizODTweets
- Ashley Reid, Wellist.com, @ashley_reid_
- Deborah Shouse, DementiaJourney.org, @DeborahShouse
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Alzheimer’s Foundation of America

The mission of the Alzheimer’s Foundation of America (AFA) is “to provide optimal care and services to individuals confronting dementia, and to their caregivers and families-through our member organizations dedicated to improving quality of life. The Alzheimer’s Foundation of America (AFA) was founded by a consortium of organizations to fill the gap that existed on a national level to assure quality of care and excellence in service to individuals with Alzheimer’s disease and related illnesses, and to their caregivers and families. Our focus is “Helping more people today than we did yesterday.” AFA unites more than 2,600 member organizations from coast-to-coast that are dedicated to meeting the educational, social, emotional and practical needs of individuals with Alzheimer’s disease and related illnesses, and their caregivers and families.
Donations help fund our toll-free helpline with counseling by licensed social workers, resources and referrals; educational conferences; a free caregiver magazine, AFA Care Quarterly; national initiatives such as National Memory Screening Day, professional education, training and qualification; and Young Leaders of the Alzheimer’s Foundation of America to educate and engage teens and college students. In addition, AFA provides grants to member organizations to provide family respite care and to enhance or develop programs and services; and, through strategic partnerships, AFA funds research for medical treatment and a cure. Visit alzfdn.org.

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**Refreshment Sponsor (Saturday)**

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**Refreshment Sponsor (Friday)**

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Great Lakes Clinical Trials is an independent, phase I-IV clinical trial center. We specialize in the study of investigational medications, food products and supplements for the treatment of chronic diseases, notably in Psychiatry, Neurology, and Pain management. Located on the north side of Chicago, the Great Lakes team have managed more than 450 clinical trials over the past 25 years and are committed to providing quality services for both study volunteers & the research industry. Visit the company’s website, [www.greatlakesclinicaltrials.com](http://www.greatlakesclinicaltrials.com), for details.

**Additional Sponsors**

**eCareDiary.com**

eCareDiary, Inc. licenses online care coordination tools and content to help clients serve the growing population of family caregivers caring for an aging parent or loved one diagnosed with long term illness. eCareDiary’s clients include a wide range of industries including senior care, employee assistance, and health insurance. Visit ecarediary.com.

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**Exhibitors**

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**American Bar Association**

American Bar Association publishes books to help family caregivers including *ABA/AARP Juggling Life, Work, and Caregiving* by Amy Goyer. Amy, an expert in aging and families, offers insight, inspiration, and poignant stories and experiences of caregivers, including her own as a live-in caregiver for her parents. Visit ABA’s bookstore at shop.americanbar.org to learn more.

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The Care Plan provides health and care navigation services to bring clarity, comfort and control to the aging process. Our services include assessment, care management, and advanced care planning to address a range of needs. We are proud to be at the forefront of LGBTQ+ aging and believe our approach enhances the aging process for people of all gender and sexual orientations. Visit www.the-care-plan.com.

HappyHealthyCaregiver.com
HappyHealthyCaregiver.com is for family caregivers who feel isolated and overwhelmed by all their responsibilities. Many resources are available including a free encouraging Facebook group and a private online members-only community. The Happy Healthy Caregiver Community contains all the tools and resources a caregiver needs to avoid burnout. Our exclusive membership provides a practical step-by-step action plan to create balance, engaging caregiver spotlight interviews, illuminating expert interviews, live group coaching calls, and a private supportive forum available 24/7. Our mission is to help caregivers all around the world become happier and healthier while caring for others.

Kare Visits
Kare Visits is a technology service that enables onsite well-being checks for the sick, elderly, and disabled. Kare Visits works with family caregivers to provide respite care. Kare Visits works with health care systems to conduct well-being checks after patients are discharged from the hospital. Kare Visits provides the data intelligence needed to ensure improvement of patient outcomes. Visit KareVisits.com for details.

National Association of Senior Move Managers
Making a major move at any age is difficult and stressful. Recognizing and managing the stress of relocating older adults is the hallmark of the National Association of Senior Move Managers®. Our ability to successfully manage transition trauma while helping older adults and their families through the downsizing and relocation process makes the move from their home to their new residence stress-free! NASMM members can also help you downsize and remain in the home through our NASMM@Home program. The National Association of Senior Move Managers (NASMM) is the leading membership organization for Senior Move Managers in the United States, Canada and abroad. NASMM is recognized for its innovative programs and expertise related to Senior Move Management, transition and relocation issues affecting older adults. Senior Move Management is the profession that assists older adults and their families with the emotional and physical aspects of relocation and/or “aging in place.” Senior Move Management professionals — Senior Move Managers® — have backgrounds in gerontology, social work, health care, nursing and psychology, others come to this industry from the corporate world of project management, technology, legal services, accounting or marketing. Senior Move Managers® require a profound commitment to connecting with older adults and a desire to perform meaningful work. Visit nasmm.org.

Partners in Senior Care
Family-owned Partners in Senior Care provides in-home Private Duty Care and Geriatric Care Management services for seniors throughout the Chicagoland area. Our CNA (certified nursing aides), caregiver, and companion services allow our clients to age in the place where they feel most
comfortable and secure – at home. Combine our Home Care Services, supervised by RNs, with our Geriatric Care Management component, and we provide the most comprehensive assistance for Chicago and suburban area seniors. Partners in Senior Care also provides CNAs for rehabilitation or hospice support. Visit www.partnersinseniorcare.com.

**Senior Shower Project**
*Senior Shower Project* is boutique party planning company specializing in Senior Showers. A Senior Shower® is a party that celebrates the life milestone of becoming a senior caregiver for an older adult in a family or community. We believe in celebrating the compassionate hearts of senior caregivers by showering them with uplifting messages of love from our product line of Caregiver Cards. For more information, visit the company’s website, www.seniorshowerproject.com.

**Senior Talk with Clara Hubbard**
Senior Talk is a radio showcase where listeners gain valuable information and dialogue with business and community leaders that serve seniors, their families and caregiver professionals. Tune in every M-W-F 10am on AM1570 WBGX or click on Listen Live at www.seniortalk.webs.com.

**Terra Vista of Oakbrook Terrace**
We are a new assisted living community solely specializing in serving those with Alzheimer’s and other dementias. Visit the company’s website, www.terravista.org, for details.

**Total Comfort Mobile Dental Care, Ltd.**
Total Comfort Mobile Dental Care, Ltd., provides in home dental services for the convenience of caregivers who would find it difficult to travel to a traditional dental office with their loved one. We provide a wide range of services to patients in the comfort of the place that they call home. We treat patients with dementia, Alzheimer’s and other conditions while communicating with the family and entire health care team. When you need a dentist in your home call Total Comfort on the phone! Visit www.homevisitdentists.com for details.

**Iris Waichler**
Iris will have copies of her new book, *Role Reversal, How to Take Care of Yourself and Your Aging Parents*.

**Young Living Essential Oils**
*Young Living Essential Oils* has over 180 oils and 350 oil infused products to support hair, skin, oral, and nutritional care, cleaning products, and specific pet and children’s products. Young Living is in over 100 countries giving it the distinction of being the largest Essential Oils company in the world. Young Living owns many of their farms or sole partners with farms that understand and support Young Living’s motto of the “Seed to Seal” process, guaranteeing the purity and quality of every product. Stop by to learn about a safe and uplifting way to support well-being and an alternative to over-the-counter products that have so many side affects. Visit www.essentialhealthyoils.vibrantscents.com.
Thank you so much for being with us.

Save the date!

The Second Annual National Caregiving Conference will take place November 3 and 4, 2017.

Watch CareGiving.com for details!