

alzheimer's  association®



2018
Caregiver's
CONFERENCE

Presented by:

The Goldberg Foundation

March 28, 2018 | 8:00am - 3:30pm | Albany Marriott

This activity is supported in part by a generous grant from the New York State Department of Health.

PROGRAM SCHEDULE

Registration/Exhibits/SMARTBars.....	8:00am - 9:00am
Opening Session & Keynote.....	9:00am - 10:15am
Break/Exhibits/SMARTBars.....	10:15am - 10:45am
Morning Workshops.....	10:45am - 12:00pm
Lunch/Exhibits/SMARTBars.....	12:00pm - 12:45pm
Afternoon Workshops.....	1:00pm - 2:15pm
Break/Exhibits/SMARTBars.....	2:15pm - 2:30pm
Research Update.....	2:30pm - 2:55pm
Closing Session.....	2:55pm - 3:30pm

PLEASE NOTE: Conference content is designed for caregivers. Some of the information may not be suitable for persons with the disease.

ASK AN EXPERT

SMARTBars

Visit and talk with experts in the field. **SMARTBars** are an informal opportunity for you to learn more or ask questions on a variety of topics. They will be available to you during each of the breaks.

Topics will include:

- Atypical Dementias: When it's not Alzheimer's
- Volunteer Opportunities
- Technology
- Research
- Ask an Attorney
- Early Stage Engagement

Available throughout the day:

- Exhibitors
- Information Tables
- TrialMatch® Sign-up
- Walk to End Alzheimer's® Sign-up
- Longest Day Sign-up

Is your loved one 65 years of age or younger and diagnosed with Younger Onset Alzheimer's Disease?

Join us for a private luncheon to address specific younger onset issues with Alzheimer's Association Champion, Herb Magley.

Seating is limited. Please call Victor at (518) 867-4999 ext. 200 to reserve your spot today. Spaces are available on a first-come, first-serve basis. (One caregiver per family please.)

Do you want to attend the Conference, but need someone to care for your loved one?

Respite care is available **free of charge** the day of the Conference, including social model adult day programs and in-home care. Services are limited and reservations will be accepted on a first-come, first-serve basis.

For more information or to register for respite care, please call Victor at (518) 867-4999 ext. 200. **Deadline to register is March 21.**

Special Thanks to Colonie Senior Services & Home Instead Senior Care

Keynote Speaker



Anna Ortigara RN, MS, FAAN
Organizational Change Consultant, PHI

Anna works as an Organization Development and Workforce Consultant with the Coaching and Consulting Services Team at PHI.

Anna joined PHI after working in the fields of gerontology and long-term care for more than three decades. After beginning her career as a registered

nurse, Anna has since gone on to work with elders in a variety of settings, including nursing homes, adult day care, and home care settings. She is a fellow of the American Academy of Nursing, the primary author of LEAP for the 21st Century LTC Workforce, was the VP of Culture Change for Life Services Network of Illinois, past Director of Residential Care Services for the Rush Alzheimer's Disease Center in Chicago and past Associate Director of Long Term Care Accreditation at Joint Commission. Anna spent six years at The Green House Project®, where she was the Director of Program Development and worked closely with PHI to adapt the PHI Coaching Approach to fit The Green House® Model. She frequently presents at various national and international conferences, speaking about culture change, quality jobs, recruitment, retention and person-centered dementia care, as well as other long-term care issues. Anna received her Master of Science in Nursing at Northern Illinois University and her Bachelor of Science in Nursing from Saint Xavier College in Chicago. She was named a Leader of Tomorrow by Long Term Living in 2014.

Closing Speaker



Dr. Francis Battisti
*Executive Vice President and Chief Academic Officer,
SUNY Broome Community College*

Noted educator, speaker, consultant, and author, Dr. Francis L. Battisti, offers individuals and organizations a pathway to explore their potential and move toward desired transformation. His national reputation in the fields of motivation, health enhancement, organizational development, and conflict disposition is manifest in his work with numerous corporations, major health-care organizations, and congressional and other government committees. His workshops and consulting endeavors have been offered throughout the United States, Europe, Canada and the Caribbean.

Dr. Battisti is Executive Vice President and Chief Academic Officer at SUNY Broome Community College, where he was admitted to The State University of New York Distinguished Professorship for Service Academy and the 1989 Recipient of the State University of New York Chancellor's Award for Excellence in Teaching. He has been recognized by "The Morning Knights Toastmasters Award" for Excellence in Communication and Leadership. The Alzheimer's Association Central New York Chapter acknowledged him as the honoree of the "Memory Makers Award" for his efforts to make the Southern Tier a better place to live and work. He is also the recipient of "The David Malcom Award", in recognition of his Exemplary Service to the Homeless. Francis is the creator of a number of DVD's and CD's and the book, *Checchino: A Father & Son Journey Toward Dusk*. His articles include, "Leveraging Workforce Research to Attract, Manage, and Retain High-Performance Employees", "Harnessing the Diversity and Power of Your Team! Developing and Sustaining Highly Effective Teams Ensures Your Competitive Edge", "Advancing the Bottom Line and Service Quality via a Culture of Employee Retention", which were published in *Infusion*, the magazine of the National Home Infusion Association.

Dr. Battisti received his Ph.D. from Marywood University, Scranton, Pennsylvania. His research focuses on the paternal influence of childhood obesity. Dr. Battisti and his wife, Dr. Helen E. Battisti, are both avid runners and make their home in upstate New York.

MORNING WORKSHOPS

10:45 a.m. - 12:00 p.m.

1. The Basics: Memory Loss, Dementia and Alzheimer's Disease

This program is designed to provide basic information that everyone needs to know about memory loss issues and what they mean for all of us. The program explores the difference between memory loss brought about by normal aging vs. Alzheimer's disease and other forms of dementia.

Presented by: James Hardman, Program Manager, Alzheimer's Association

2. Creating Daily Moments of Success

This session will provide participants with a general understanding of the importance of structuring a day for an individual with Alzheimer's disease or dementia. Concrete activity ideas of meaningful engagement will be provided for different levels of function. Participants will learn to make a connection to elicit a positive emotion through purposeful activity.

Presented by: Patty O'Brian, CDP, Dementia Specialist, Hartford Healthcare Center for Healthy Aging

3. Planning to Minimize Family Friction: Legal Empowerment for the Caregiver

Understanding the scope of authority under documents such as a Health Care Proxy, Power of Attorney, Trust or Last Will and Testament can empower a caregiver to exercise his or her duties for the benefit of their loved one with the disease. Acknowledging the rights of those with the disease, and the legal and moral obligations associated with being part of a caregiving team can sometimes lay the groundwork for collaboration and fulfillment in caregiving. This workshop will explore the family dynamic from a legal perspective and educate you on the importance of advanced planning, the realistic outcomes from Medicare and Medicaid, and offer some steps for smoothing the pathway of caregiving.

Presented by: JulieAnn Calareso, Esq., The Shevy Law Firm

4. Understanding and Responding to Dementia-Related Behavior

Alzheimer's disease and dementia are associated with a number of challenging behaviors that are often difficult for caregivers to manage. However, behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings. In this workshop, commonly encountered behaviors and their triggers will be identified. Participants will explore intervention strategies including social, environmental and medication management.

Presented by: Dr. David Hart, MD, The Center of Excellence for Alzheimer's Disease at Albany Med
Elizabeth Smith-Boivin, MSHSA, Executive Director & CEO, Alzheimer's Association NENY

The Importance of Changing the Caregiver Perspective

Join Linda Mossey for a discussion about the roller coaster journey of caring for her husband, Jerry, who lived with Alzheimer's disease for 10 years. In 2007, Linda first searched for information on the disease to help her husband. She soon learned that she needed to take care of herself too, or the disease would take its toll on her. After years of tears and frustrations, the feelings of hopelessness began to devour her. Please come sit with Linda as she shares what worked for her...for them. Explore how her husband's happiness, the connection they shared until the end, and the improved sense of well-being she felt were the result of a change in her caregiver perspective.

Presented by: Linda Mossey, Teacher and Former Family Caregiver

**Limited capacity; offered as 5th workshop in both morning and afternoon*

AFTERNOON WORKSHOPS

1:00 p.m. - 2:15 p.m.

1. Enabling a Partnership: Building a Caregiving Triad



Families and professional staff members work hard to support the person living with dementia to live well and have their needs met. And yet often families and staff work in their own worlds with inadequate communication and understanding of what is important to each other. This session describes a more useful framework to better know and respect each member of the triad; the person with dementia, their family and staff members. Caregiver triads are offered as a new way of thinking and creating meaningful, reciprocal relationships with the goal of honoring all of the people involved and developing real partnerships.

Presented by: Anna Ortigara, RN MS, FAAN, Organizational Change Consultant, PHI

2. Journey through the High Peaks and Valleys of Caregiving



Caregiving is a journey that can take you to familiar or uncharted paths that you may have navigated before, or perhaps you're at a crossroad. As the workshop ascends into caregiving territory, we'll revisit your strengths that have helped to catapult you towards the summit of an often mountainous journey. As we descend to stable ground, your steps may feel lighter upon shedding layers of stress. In this workshop information, skills and knowledge will be provided to help address compassion fatigue and caregiver burnout. Bring your sense of adventure and envision letting go.

Presented by: Mary Moller, MSW, CAS, Program Specialist, The Center of Excellence for Alzheimer's Disease at Albany Med
Renee Mandarano, BA, Volunteer Coordinator, Eddy Alzheimer's Services

3. Legal Tools to Prepare for Diminished Capacity



When someone is diagnosed with Alzheimer's disease or another form of dementia, capacity becomes a central concern for many reasons. When is it too late to execute a Will or an advance directive, such as a Power of Attorney or Health Care Proxy? What challenges do family members face when assuming the role of an agent for health care and/or financial decisions? What is guardianship and can it be avoided? This workshop will review basic legal documents that everyone should have in place. Additionally, participants will learn about the legal issues that arise when mental capacity declines and explore the planning solutions that still exist.

Presented by: Timothy E. Casserly, Esq., Shareholder, Burke & Casserly, P.C.

4. Navigating the Long Term Care Frontier



Caregiving is like entering new and uncharted territory. New caregivers often feel alone and overwhelmed, not knowing where to turn to for help, what resources are available in their community or how to access them. This workshop will provide information on a variety of programs and services such as respite, income based programs, home care and long term residential options. Participants will learn to utilize community resources and assistance to make the caregiving journey easier to navigate.

Presented by: Kym Hance, Director of Client Care Services, Herzog Law Firm, P.C.
Sara Riggins, Community Care Manager, Senior Services of Albany
Beth Owen, LMSW, Director of Adult Day Services, Senior Services of Albany

Use these symbols to help you identify workshops appropriate to your interest and experience:

= Family Caregiver = Professional Caregiver = New to Caregiving

THANK YOU TO OUR EVENT SPONSORS

2018 Northeastern New York CHAPTER PARTNERS



PRESENTING SPONSOR

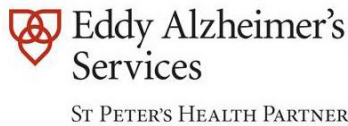


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St. Mary's Healthcare, Amsterdam

EXHIBITORS

AARP

Albany County NY Connects

Alzheimer's Association Northeastern New York

Alzheimer's Center of Albany Med

American Joint Care Foundation/Whittier
Rehabilitation & Skilled Nursing Center and Whittier Place

Attentive Care of Albany, Inc.

Beacon Health Options

Brookdale Senior Living

Catholic Charities Senior & Caregiver Support Services

Choice Connections NY

Coalition of NYS Alzheimer's Association Chapters

Colonie Senior Services

Community Caregivers, Inc.

Consumer Directed Choices

Eddy DayBreak Adult Day Services

Eddy Memory Care at Marjorie Doyle Rockwell Center and
Eddy Hawthorne Ridge

Eddy Skilled Nursing Services

Eddy Visiting Nurse & Rehabilitation Association

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Glens Falls Hospital

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Legal Aid Society of Northeastern New York

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NY StateWide Senior Action Council

NYS Division of Veteran Affairs

NYS EPIC Program

NYSARC Trust Services

Peregrine Senior Living

Project Lifesaver

RBC Wealth Management

Rensselaer Department for Aging

Senior Services of Albany

The Community Hospice

The Grand at Guilderland Rehabilitation & Nursing

The Wesley Community

TrustCo Bank

Visiting Nurse Association Home Health / Visiting Nurses
Home Care

Witecki Law Office

SPECIAL THANKS TO:



2018 Caregiver's CONFERENCE

REGISTRATION FORM

ONLINE: Visit www.alz.org/northeasternny click on the "Caregiver Conference" tab on the left. Then click on "Register Here."

MAIL OR FAX: Complete a separate form for each attendee, providing all requested contact information.

MAIL TO: Alzheimer's Association NENY FAX TO: (518) 867-4997
4 Pine West Plaza, Suite 405
Albany, NY 12205

PAYMENT: Checks made payable to "Alzheimer's Association" or provide information for credit card processing.

SCHOLARSHIPS: Available for family caregivers. For more information contact Victor at (518) 867-4999 ext. 200.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

County: _____

Email: _____

Area Code & Phone Number: _____

- Family Caregiver/Student/ Senior Citizen: \$40
- Professional: \$95
- Professional (3 or more attendees): \$85

A Professional Conference will take place on March 27 from 8am - 4pm at the Albany Marriott.
Please call (518) 867-4999 for details.

Check enclosed for \$ _____

Please charge my: Visa MC Discover AmEx

Card #: _____

Expiration: _____ Security Code: _____

Signature: _____

Your non-refundable conference registration fee includes all program events, conference materials, refreshments and lunch.

Where did you hear about the 2018 Caregivers Conference?

- Social Media Online Newspaper
- Other _____

Are you a first time Conference attendee? Yes No

Have you utilized the services of the Alzheimer's Association in the past? Yes No

Choose Your Workshops

Please choose one morning and one afternoon workshop. Selections are based on availability.

Morning Workshops

10:45 a.m. - 12:00 p.m.

- 1. The Basics: Memory Loss, Dementia and Alzheimer's Disease
- 2. Creating Daily Moments of Success
- 3. Planning to Minimize Family Friction: Legal Empowerment for the Caregiver
- 4. Understanding and Responding to Dementia-Related Behavior
- 5. The Importance of Changing the Caregiver Perspective (repeated in the afternoon)

Afternoon Workshops

1:00 p.m. - 2:15 p.m.

- 1. Enabling a Partnership: Building a Caregiving Triad
- 2. Journey Through the High Peaks and Valleys of Caregiving
- 3. Legal Tools to Prepare for Diminished Capacity
- 4. Navigating the Long Term Care Frontier
- 5. The Importance of Changing the Caregiver Perspective

For more information call (518) 867-4999 ext. 200, or visit alz.org/northeasternny.

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JOIN THE FIGHT TO END ALZHEIMER'S



THE LONGEST DAY
alzheimer's association

**SHOW YOUR LOVE ON JUNE 21.
HELP END ALZHEIMER'S.**

Visit alz.org/thelongestday to register. For more information contact Ashley Enekes at (518) 867-4999 ext. 210 or aenekes@alz.org

2018 **ADVOCACY DAY**

SAVE THE DATE. ADVOCATE. EDUCATE.

March 20 | Legislative Office Building | Albany

If your life has been impacted by Alzheimer's or dementia you have a story to tell. Become an advocate and tell your story to the NYS Legislature on Advocacy Day.

To find out more or volunteer for Advocacy Day contact Bill Hinrichs at (518) 867-4999 ext. 203 or whinrichs@alz.org

JOIN THE FIGHT FOR ALZHEIMER'S FIRST SURVIVOR.



Join the Alzheimer's Association's Walk to End Alzheimer's®, the world's largest fundraiser to fight this disease.

Visit alz.org/walk to find a walk near you!

VOLUNTEER OPPORTUNITIES

Make an impact by becoming a volunteer

Opportunities are available in the following areas:

- Programs and Services
- Community Outreach
- Special Events
- Office Support

For more information on how you can get involved contact Alison at (518) 867-4999 ext. 212 or alfarison@alz.org.