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friday, november 12, 2010 • doubletree hotel



15th annual
Family Caregiver Conference

A Caregiver's Harvest:
Hope & Support

Caregiver Consortium
PO Box 12381
Tucson, AZ 85732

Return Service Requested



15th annual
Family Caregiver Conference

A Caregiver's Harvest: Hope & Support



Friday
November 12, 2010
Doubletree Hotel
445 S. Alvernon Way
Tucson, Arizona

Lead Sponsor:



conference agenda

7:30–8:30 a.m.

Registration, Continental
Breakfast & Exhibits

8:30–8:45 Welcome

8:45–10:00 keynote speaker
Gail Sheehy

Share her personal journey
of caregiving.

10:00–10:30 Break

10:30–11:30

Panel Presentation: Family Dynamics
in Caregiving, Carolyn Jackson, LCSW,
Victor Quiroz, Ph.D, Jan Sturges, LPC
How families can work together
to meet care needs of loved ones.

11:45–1:00 Lunch

1:00–2:00 Break Out Sessions

A. End of Life Issues

Tani Bahti, R.N., CT, CHPN
Explore issues of loss, grief, self
care and communication.

B. "How to Locate a Caregiver"

Suzy Bourque, MSW,
Judy Clinco, R.N.
How to find, evaluate, hire, and
monitor a paid caregiver.

2:00–2:15 Break

2:15–3:15

Kenney Hegland, J.D., Law
Professor and Author of *New Time,
New Challenges, Legal Issues*
The importance of Legal Planning
– advanced directives, financial
& medical powers of attorney,
and trusts.

3:15–3:30 Closing

Are You a Caregiver?

Do you help a family member or
friend with:

- running errands?
- meal planning or grocery shopping?
- bill paying or financial assistance?
- personal care such as grooming
and/or bathing?

If you answered "yes" to one or
more questions above, you have
joined the ever growing number
of family caregivers in the
United States.

Almost all of us will be caregivers
at some point in our lives. We may
care for a parent, spouse or friend.
It may be for a few hours, a week,
or all day every day.

The information provided at this
conference will help you be
prepared, both practically and
emotionally.

What is the Caregiver Consortium?

The Caregiver Consortium is a
not-for-profit organization
whose mission is to promote
awareness of caregiving, to
provide access to resources
and services and to empower
caregivers of older adults through
education and advocacy.

conference sponsors



"Courage does not always roar.
Sometimes, it is a quiet voice at
the end of the day saying, "I will
try again tomorrow."
~ Anonymous



A
Caregiver's Harvest:
Hope & Support

keynote speaker

Gail Sheehy



Author of *Passages in Caregiving: Turning Chaos into Confidence*

Icon is one word that describes Gail Sheehy. As a world-renowned best-selling writer and cultural observer, she has changed the way millions of women and men look at their lives.

Almost 30 years ago, her landmark bestseller, *Passages*, ushered in a radical new understanding of the phases of a woman's life. Called "one of the ten most influential books of our time" by The Library of Congress, it clearly illuminated the mysterious passages of adulthood.



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Like the nearly 50 million other Americans caring for an ill or older person, best-selling author and journalist Gail Sheehy took care of her late husband, Clay Felker, for nearly 17 years while he suffered multiple bouts of cancer. Having already chronicled almost every stage in baby boomer life (most notably in 1976's *Passages*), Sheehy offers an empathetic, well-researched guide to an unfamiliar, often scary role for caregivers.

In her new book, *Passages in Caregiving*, Sheehy offers an inspiring and comprehensive guide to the unfamiliar path which boomers are being initiated, outlining eight stages of caregiving from "Shock and Mobilization" to "The Long Good-Bye."

Sheehy will share her personal journey of care giving—and the challenges and rewards inherent in the caregiving passage.

conference presenters

Tani Bahti, RN, CT, CHPN

Executive Director of Pathways Education & Consultation in End of Life Care, and author of "Dying to Know - Straight Talk About Death & Dying", Tani Bahti is passionate about end of life issues. Most of her 33 years in nursing have been focused on improving end of life care. Recognizing how fear, misinformation and lack of information can negatively impact decision-making and the dying experience, she has been committed to improving end of life care through education.

Suzy Bourque, MSW

Suzy Bourque has worked in aging services in Tucson since 1986. She was the Director of Services for Older and Disabled Adults at Family Counseling Agency for eleven years. Suzy has been working at Pima Council on Aging as a Caregiver Specialist since 2002.

Judy Clinco, RN

Innovator in community-based long-term care and a nationally recognized leader in the home care sector, Judy Clinco is founder and president of Catalina In-Home Services, and founder of the Direct Caregivers Association, now the CareGiver Training Institute.

Carolyn Jackson, LCSW

With a Doctorate in Education and a Master's Degree in Social Work, Carolyn has had a 42 year career in the field of out-patient mental health. She is the former director of the Arizona Superior Court Clinic in Pima County, has lectured and taught at the university level and maintained a private practice.

conference presenters

Kenney Hegland, JD

Professor of law for more than 30 years at the U of A, Harvard, UCLA and University of San Diego, Kenney Hegland has authored and produced eight videos plus a number of books, including his latest, *New Times, New Challenges: Law and Advice for Savvy Seniors and Their Families*.

Victor Quiros, Ph.D.

Victor Quiros is the manager of Community Services and the Community Mediation Program at Our Family Services. He has been with Our Family for over five years. The Community Mediation Program focuses on neighbor and family disputes and now offers Eldercare Mediation.

Jan Sturges, MEd, LPC

Co-founder of the Caregiver Consortium, Jan Sturges has extensive experience in healthcare administration and aging issues. Jan managed TMC's Senior Resource Program and developed "How to be a Resilient Caregiver" as Program Coordinator for the Family Caregiver Outreach Program. She is currently the Caregiving Coordinator for the University of Arizona Life & Work Connections where she counsels employees on eldercare issues."



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Yes! I will attend the 15th annual Family Caregiver Conference

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Register For:	Price	Register For:	Price
<input type="checkbox"/> Family Caregiver	\$20	<input type="checkbox"/> * In Home Respite Care	N/C
<input type="checkbox"/> Professional	\$45	<input type="checkbox"/> Vegetarian Meal	N/C
Includes CEUs			
<input type="checkbox"/> 5.5 Nursing CEU's		<input type="checkbox"/> 4.25 NASW CEU's	

Name		Organization	
Address			
City	State	Zip	
Phone			
E-mail			

Conference Fee per attendee includes: Continental Breakfast, Keynote Address, (Two) Workshops, Luncheon. Family Caregivers will receive the Caregiver Manual "How to Be a Resilient Caregiver".

* Respite Care available on a limited basis . Call (520) 626-5803

Check or Money Order payable by **November 5, 2010** to: **Caregiver Consortium**, PO Box 12381, Tucson, AZ 85732-2381 For Registration and Conference information, call (520) 258-5077 or go to www.ArizonaCaregivers.org.