

Thursday, November 3, 2011 • Hilton El Conquistador Hotel, 10000 N. Oracle Rd., Tucson, AZ 85704

Caregiver Consortium
 PO Box 12381
 Tucson, AZ 85732
 Return Service Requested



16th Annual Family Caregiver Conference

A Caregiver's Harvest: Advocacy, Affirmation & Action



Thursday
 November 3, 2011
 Hilton El Conquistador
 Golf & Tennis Resort
 10000 N. Oracle Rd.
 Tucson, Arizona

Sponsors:



Conference Agenda

7:30–8:30 a.m.
Registration, Continental Breakfast & Exhibits

8:30–8:45 Welcome
Patti Dorgan, President Caregiver Consortium

8:45–9:15
Jan Sturges, M.Ed., LPC
Caregivers as Advocates — Six Degrees of Connection

9:15–10:30
 Keynote Speaker
Journalist Stephen Fried
Fire Burn and Cauldron Bubble: How to avoid misadventures with your prescriptions

10:30–11:00 **Break and Exhibits**

11:00–12:00
Christopher Weigand, MD
The Three D's: Dementia, Depression, Delirium

12:00–1:15 **Lunch**

1:15–2:15
Karen Mercereau, RN, iRNPA
Self-Advocacy: Why Now? How? Steps to Safety and Well-Being

2:15–3:15
Tani Bahti, RN, CT, CHPN
Transforming Dying, Transforming Ourselves

3:15–3:30 **Evaluations and 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.

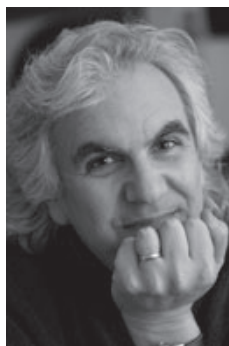
The information provided at this conference will help you be prepared, both practically and emotionally.

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.

Keynote Speaker

Stephen Fried



Author of
*Bitter Pills:
Inside the Hazardous
World of Legal Drugs*

Stephen Fried is an investigative journalist and essayist, an adjunct professor at Columbia University's graduate school of journalism and a two-time winner of the National Magazine Award—the Pulitzer Prize of magazine writing. Fried's book, *Bitter Pills: Inside the Hazardous World of Legal Drugs* is an investigation of the pharmaceutical industry, the FDA and the entire "legal drug culture" that was prompted by a powerful event in Fried's private life—his own wife's severe reaction to a new antibiotic.

Fried is a consultant to several medical consumer groups, including the Tucson-based Critical Path Institute, and lectures to doctors, pharmacists and nurses—at hospital grand rounds and medical conferences—as well as to patients.

Conference Presenters

Jan Sturges, M.Ed., LPC

Caregiver Coordinator for UA Life & Work Connections at the University of Arizona. She is the founder of the Caregiver Consortium.

Caregivers as Advocates—Six Degrees of Connection

How do we affirm both the challenges and opportunities of caregiving through effective advocacy? Let's explore: attitude, education, action, encouragement, team-building and networking.

Christopher Weigand, MD

General and Geriatric Psychiatrist
Clinical Assistant Professor in the
Department of Psychiatry at the
University of Arizona.

The Three Ds: Dementia, Depression and Delirium

Learn the difference between dementia and depression and dementia and delirium. Dr. Wiegand provides outpatient care from his office at the ALEPH Center in Tucson, and he is a psychiatric consultant for nursing homes.

Conference Presenters

Karen Mercereau, RN, iRNPA

Executive Director of RN Patient Advocates, PLLC.

Founder of the RN Patient Advocate Learning Intensive in association with the College of Nursing at the University of Arizona. She is the Director of National Network of RN Patient Advocates.

Self-Advocacy: Why Now? How? Steps to Safety and Well-Being

We will examine the need for self-advocacy in healthcare and the process and steps in self-advocacy.

Tani Bahti, RN, CT, CHPN

Executive Director of PASSAGES—Support & Education in End of Life Issues.

Transforming Dying, Transforming Ourselves

We will explore issues that people facing a terminal illness may confront, including concerns about quality of life, fear of being a burden, loss of independence, loss of meaning/purpose, and the impact on patient and caregiver alike.



Yes! I will attend the
16th Annual
Family Caregiver Conference

A Caregiver's Harvest: Advocacy, Affirmation & Action

Register For: Price

Family Caregiver \$30

Professional \$60

Includes CEUs

Nursing CEUs

Social Work CEUs

I would like a vegetarian meal.

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Family Caregivers will receive the Caregiver Manual "How to Be a Resilient Caregiver."

Respite Care available on a limited basis.
Call Debra Anderson (520) 322-6601

Check or Money Order payable by **Oct., 28th** to:
Caregiver Consortium
PO Box 12381, Tucson, AZ 85732-2381

Registration online:
www.arizonacaregivers.org
Conference info: Mara Levin (520) 305-3413

“Wisdom is knowing what to do next, skill is knowing how to do it, and virtue is doing it.”
— David Jordan