

Morning Keynote Speaker



Finding Hope, Humor & Heart in Caregiving *Elaine K. Sanchez*

Author, Speaker,
Co-founder of
CaregiverHelp.com

Author of Letters from Madelyn - Chronicles of a Caregiver, Elaine Sanchez embraces the reality of aging and illness, and proves that grace, humor and faith can transcend tragedy. Through telling real-life stories, Ms. Sanchez will show that emotional stress is part of the caregiving experience. In order to care for those who can no longer care for themselves, self-care must be a priority. Ms. Sanchez will explain how the three-step process of Awareness, Acceptance and Action can help caregivers develop a strategy to manage their anger, guilt, depression and grief.

Morning Panel Discussion

From Surviving to Thriving *Kay Stevens, Stephanie Sikora, M.A. John Schmalig, Ph.D., NP*

Challenges and opportunities in caregiving from personal and professional perspectives will be discussed. Panelists include a family caregiver, an expressive arts therapist, and a nurse practitioner.

Afternoon Keynote Speaker



The Organized Caregiver: Tips for Staying Health and Sane *Amy Goyer*

Consultant, Author, Speaker
AARP's Family/Caregiver Expert

Caregiving can be overwhelming! With so many details to keep track of, the only way to survive and keep your sanity is to get and stay organized. In this session, you will learn how to streamline the caregiving process to free up time for you! Learn easy, practical tips for managing your time and creating systems that work. Learn how to gather, store and update key documents and information, as well as how to easily use technology to get organized and share information with your caregiving team.

Afternoon Session

Caregiving: Even on the Tough Days *Ann Marie Chiasson, M.D.*

An interactive session to learn and experience techniques for rest and rejuvenation. Explore new ways to care for yourself and your loved one.

Afternoon Panel Discussion

Community Resources for Caregivers *Caregiver Consortium Board Members*

This session will be an introduction to the Caregiver Consortium's newly revised manual:

How to Be a Resilient Caregiver

Learn to navigate the manual and access community resources.



Make check payable to:

Caregiver Consortium

Mail check and registration form to:

Caregiver Consortium
P. O. Box 12381
Tucson, AZ 85732-2381

Conference contact:
Donna Carender at 520.750.0048
caregiverconference@gmail.com

Registration

Name_____

Agency_____

Address_____

City_____ Zip_____

Phone_____

Email_____

- Family Caregiver at \$35.00
- Professional at \$60.00 (includes CEUs)
 - AZ NCIA CEUs
 - Nursing CEUs
 - Social Work CEUs

I would like a vegetarian meal

NOTE: Contact hours will be distributed at the end of the conference. Contact hours cannot be issued for partial attendance nor can they be mailed or picked up by proxy. Please bring your license number for verification.

Cancellation Policy
**All cancellations must be received
in writing prior to November 14, 2014**

Online Registration
www.caregiverconsortium.org



19th Annual Caregiver Conference

A Caregiver's Harvest: Being a Resilient Caregiver



**Friday
November 21, 2014
8:00 a.m.—4:15 p.m.**

**Hilton Tucson East
7600 E Broadway
Tucson, Arizona**



**Broadway Proper
Mercy Care Plan**

Conference Agenda

8:00-9:00 a.m.
Registration and Continental Breakfast
Visit Exhibits

9:00-9:15 a.m.
Welcome
Julie Bubul, President
Caregiver Consortium

9:15-10:30 a.m.
Morning Keynote
Finding Hope, Humor and Heart in Caregiving
Elaine K. Sanchez

10:30-10:50 a.m. BREAK · Visit Exhibits

10:50-11:50 a.m.
From Surviving to Thriving
Kay Stevens, Stephanie Sikora, M.A.
and John Schmaling, Ph.D., NP

11:50-12:10 p.m. BREAK · Visit Exhibits

12:10-1:10 p.m.
HOSTED LUNCH · Book Signing

1:10-2:10 p.m.
Afternoon Keynote
**The Organized Caregiver:
Tips for Staying Healthy and Sane**
Amy Goyer

2:10-2:30 p.m. BREAK · Visit Exhibits

2:30-3:30 p.m.
Caregiving: Even on the Tough Days
Ann Marie Chiasson, M.D.

3:30-4:00 p.m.
Community Resources for Caregivers
Caregiver Consortium Board Members

4:00-4:15 p.m.
Evaluation 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.

Most 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. Our 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.

