

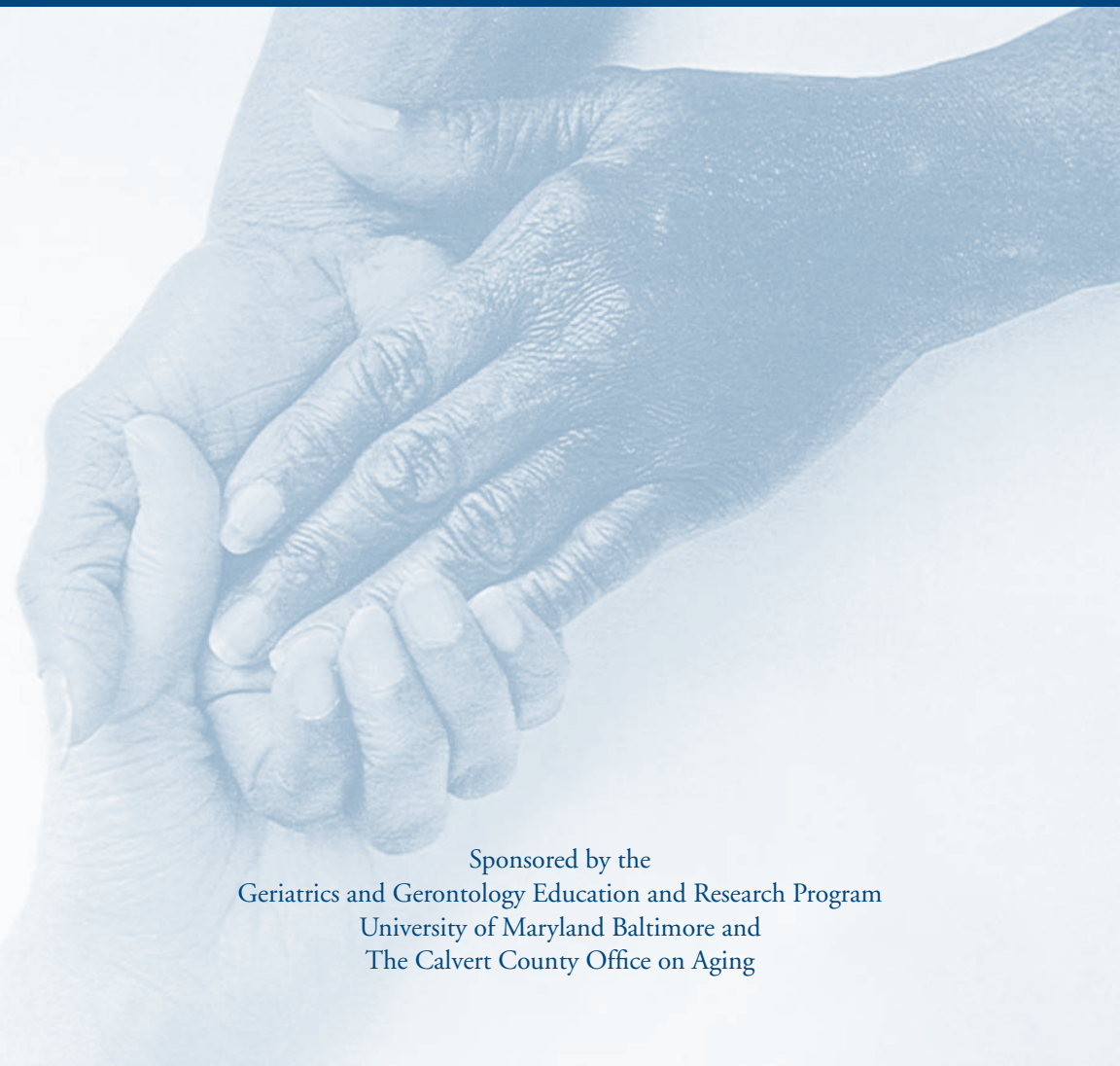
17TH ANNUAL SOUTHERN MARYLAND
CAREGIVERS CONFERENCE

FRIDAY, APRIL 17, 2009

CALVERT PINES SENIOR CENTER
PRINCE FREDERICK, MARYLAND

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**CAREGIVERS
CONFERENCE**

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PRINCE FREDERICK, MARYLAND



Sponsored by the
Geriatrics and Gerontology Education and Research Program
University of Maryland Baltimore and
The Calvert County Office on Aging

17TH ANNUAL SOUTHERN MARYLAND CAREGIVERS CONFERENCE

FRIDAY, APRIL 17, 2009
CALVERT PINES SENIOR CENTER
PRINCE FREDERICK, MARYLAND

CAREGIVING *may include many different activities such as:*

- Caring for someone in your home.
- Visiting someone in his or her home.
- Assisting with household chores, shopping, transportation, medical appointments, legal and financial arrangements.
- Other activities that emphasize your concern about, and responsibility for, the well-being of an older person.

The conference is presented by:

- The Geriatrics and Gerontology Education and Research Program, University of Maryland Baltimore
- The Calvert County Office on Aging

In cooperation with:

- Charles County Office of Community Services, Aging Division
- St. Mary's County Department of Aging
- Alzheimer's Association, National Capitol Chapter, Southern Maryland Office
- The Calvert Memorial Hospital
- The Calvert County Health Department
- The Calvert County Department of Social Services



CAREGIVERS

are people who care for
and are concerned about
older people.

CONFERENCE SCHEDULE

8:00 – 8:45 AM

REGISTRATION, EXHIBITS AND
CONTINENTAL BREAKFAST

8:45 – 9:00 AM

CONFERENCE WELCOME

9:00 – 9:30 AM

KEYNOTE ADDRESS

Aging in Maryland—Challenge or Opportunity?

Ilene Rosenthal, MSW, Deputy Secretary, Maryland Department on Aging

The aging of Maryland will place unprecedented demands on health, social services, and housing accommodations. Although the aging of the State's population brings many challenges, it is also driving the public sector and industry leaders to think more creatively about how to shift the focus of elder care toward home and community-based settings. A number of initiatives designed to promote preventive services and community care options will be discussed.

9:30 – 10:30 AM

BREAKOUT SESSIONS I

A. Making Sense of Living Wills and Other Advance Directives: How to Do One, What Happens If You Don't

Jack Schwartz, University of Maryland School of Law

This session will cover the types of advance directives under Maryland law; points to consider when completing a living will, appointment of a health care agent, or similar advance directive; surrogate decision making in the absence of an advance directive; and issues about CPR and specific treatments.

B. The Four 'A's of Alzheimer's... a Basic Approach to Understanding Dementia and Alzheimer's Disease

Jane Priest, Alzheimer's Association, National Capital Area Chapter

This session will provide a general overview of Alzheimer's disease and related dementias. It will focus on explaining how the disease affects the brain and will provide insight into the changes a person with dementia experiences.

C. Hospice Care—the Basics of Hospice Care, How to Access it and How it Can Help Your Family

Lynn Bonde, JD, MSW, Calvert Hospice

This presentation will offer the nuts and bolts of what hospice care is about and how families can find out whether their loved one is appropriate for hospice. The discussion will include material on the Medicare Hospice Benefit, the type of care hospice provides and how hospice serves the needs of patients and families.

D. In the Spirit of Caregiving

Marcia Monnett, MS, PMHCNS-BC, Calvert County Health Department

Human beings are complex beings in physical bodies, with inquiring minds and spiritual dimensions. As caregivers, our bodies are taxed, our minds are stretched and our spirits are deflated. Please join a discussion on spirituality and caregiving.

E. Network of Care for Behavioral Health—Calvert, Charles and St. Mary’s Counties

Douglas Weems, MSW, Calvert County Core Service Agency

The session will discuss the Network of Care for Behavioral Health, an online information place for individuals, families and agencies concerned with mental and emotional wellness, substance abuse and developmental disabilities.

10:30 AM – 11:00 AM

EXHIBITS

11:00 AM – Noon

BREAKOUT SESSIONS II

F. Managing Difficult Behaviors Associated with Dementia

Georgia L. Stevens, PhD, A.P.R.N., B.C., Educator and Consultant

The widespread prevalence of disruptive behavior among elders with dementia impacts negatively on elders’ quality of life and caregivers’ stress. The session will assist caregivers to become skillful in identifying and managing selected behavioral problems, with an emphasis on prevention. Caregiver stress management will also be addressed.

G. Parkinson’s Disease: Sharing the Road

Sharon K. Powell, RN, MPH, Maryland Parkinson’s Disease & Movement Disorders Center, University of Maryland School of Medicine

The session will discuss the care partner’s experiences in living with an individual diagnosed with Parkinson’s disease. In addition, medication regimens and ways that families can cope with the disabilities associated with Parkinson’s will be explained.

H. Caregiving: The Emotional Tug of War

Janet Kurland, LCSW-C, Jewish Community Services

Caregiving is a powerful experience that can sometimes evoke conflicting feelings. Three-generation, four-generation, and even five generation families are not uncommon, extending the family still further and presenting problems almost unknown in the past. Financial matters, healthcare concerns, and caretaking responsibilities are only a few of the issues faced by families. This workshop will address the pathways to communication, understanding, planning, and implementing help to care for all those involved.

I. Elder Abuse and Protecting Our Older Adults

Dean A. Brewer, Office of the Attorney General

The session will discuss the different types of abuse and neglect (physical, financial, and drug diversion) found in the community among older adults. The importance of early reporting and documentation will be explained as well as how the investigations take place. The issues involved in prosecution will also be cited.

J. Criteria for Choosing Care Options

Cindy Bruce, LCSW-C and Karen Nega, RN, MSN, Calvert Memorial Hospital and Chesapeake Potomac Home Health Agency

The session will concentrate on the health care options beginning with hospitalization, and including acute rehabilitation, sub acute placement, home health care, nursing home placement and medical adult day care. Each alternative will be discussed and how each can assist the individuals to reach their maximum potential.

12:00–12:45 PM

LUNCH

12:45 – 1:45 PM

BREAKOUT SESSIONS III

K. Long Term Care Financing:

Cheryl Harms and Lisa Newman, Calvert County Department of Social Services

This session will be a general overview of the rules and regulations for the Maryland Medical Assistance Program regarding Long Term Care in a Nursing Home. There will be an explanation of current eligibility standards and how they work. The application process along with the State of Maryland expectations will be discussed. Income and resources will be explained to enable families to make more informed choices.

L. Return to the Heart: Developing the Discipline of Self-Replenishment

Sue Ingalsbe, LCSW-C, Workshop Facilitator and Speaker

Serving others often leads to physical, mental and emotional exhaustion, neglect of one's own welfare and an increased sense of responsibility. Learning to care for one's self is vital to renewal, peace and balance. Learn about how to replenish yourself and find rest.

M. Body Mechanics in the Home

Suzanne Mower, PT and Paige Tamburo, OT, Chesapeake Potomac Home Health Agency and Advanced Medical Concepts

The session will provide caregivers with information on managing a patient safely in the home. Suggestions on body mechanics, as well as the appropriate medical equipment to help and assist not only the patient but also the caregiver, will be included. Various medical equipment items will be on display.

N. What is an Ombudsman?

Christine Schmidt Lewis, M.A., M.Ed, Calvert County Office on Aging

Caregiving does not end when a loved one enters a long term care facility. Learn what services long term care ombudsmen provide in nursing and assisted living homes and how ombudsmen can help residents, family members and the community. Be informed about the rights of residents in long term care, how to choose a facility for your loved one and the importance of caregiver involvement and advocacy in long term care.

O. Medication Management: A to Z

Kara Harrer, Pharm.D, Calvert Memorial Hospital

The presentation will provide caregivers with practical information about how to manage medications. Focus will be on drug-drug interactions, drug-food interactions, timing of doses, missed doses, and questions to ask health care providers about medications

1:45 PM

CLOSING SESSION

Vitamin H – Humor for Caregivers

Ellen Young, Author and Caregiver

This talk will highlight the clinical power of humor, which is more and more being documented by science and medicine. It is not a cure for chronic disease and the toll it takes on families, but it is a tonic for caregivers—a tonic to which loved ones who are frail respond to in a positive way. Ms. Young will share tips and techniques that enhance the caregiving experience.

2:30 PM

CONFERENCE CONCLUDES

DIRECTIONS TO CALVERT PINES SENIOR CENTER (CPSC)

From Charles County and Northern St. Mary's County

- Follow Route 5 to Hughesville.
- At Hughesville follow Route 231 to Prince Frederick.
- Left at traffic light to Route 2 and 4 North. • Left at next traffic light by Calvert Village Shopping Center/West Dares Beach Road.
- Follow this road to the end, past the shopping center.
- The senior center is on the left between two apartment buildings.

From Lower St. Mary's County

- Follow Route 5 to California
- Turn at traffic light to Route 4 – Solomons exit.
- Left at 5th traffic light by Calvert Village Shopping Center/West Dares Beach Road in Prince Frederick.
- Follow this road to the end, past the shopping center.
- The senior center is on the left between two apartment buildings.

From Baltimore

- Follow Beltway 695 to Glen Burnie.
- Take Exit 4 – 97 South to Annapolis/Bay Bridge.
- Take Exit 7 – Bowie/Odenton 3 and 32.
- Stay on 3 South to Gambrills/Bowie. Road becomes Route 3/301.
- Follow 301 South to Richmond.
- At Upper Marlboro, take Route 4 South to Prince Frederick.
- At the fourth traffic light in Prince Frederick, turn right by the Calvert Village Shopping Center to West Dares Beach Road.
- The senior center is on the left between two apartment buildings.

From Annapolis

- Follow Route 2 South to Prince Frederick (approximately 39 miles).
- Route 2 will become Route 2/4 South 10 miles North of Prince Frederick.
- At the fourth traffic light in Prince Frederick, turn right by the Calvert Village Shopping Center to West Dares Beach Road.
- The senior center is on the left between two apartment buildings. Additional parking in the rear of building.

REGISTRATION

Name _____

Address _____

Daytime Telephone Number _____

Email Address _____

I would like to attend the following breakout session:

Breakout Session I (9:30 – 10:30 a.m.)

First Choice A B C D E

Second Choice A B C D E

Breakout Session II (11:00 a.m. – Noon)

First Choice F G H I J

Second Choice F G H I J

Breakout Session III (12:45. – 1:45 p.m.)

First Choice K L M N O

Second Choice K L M N O

Please make checks payable to the Calvert County Treasurer and place both your phone number and driver's license number on the front of your check

The registration fee for the conference is \$18, which includes continental breakfast, lunch, refreshments, and conference materials.

Please send your registration form and payment to the Calvert County Office Aging no later than by April 3, 2009:

17th Annual Southern Maryland Caregivers Conference
Calvert County Office on Aging
450 West Dares Beach Road
Prince Frederick, Maryland 20678

For more information, feel free to contact us at:
410-535-4606 or 301-855-1170