



Newsletter Update

Center for Family Caregivers
3661 S. Babcock St., Melbourne
321.434.7625 or HF.org/aging

March/April 2018

Health First Caregiving for Seniors Annual Conference

Two for the Road: Giving Care and Taking Care

Saturday, March 17, 2018, 8:15 a.m. to 3 p.m.
Hilton Melbourne Rialto Place

Please join us for our 14th Annual Caregiving for Seniors Conference, tailored to family caregivers providing care and support for their loved ones. This day will be filled with information and community connections to help you continue to provide quality care and find support. **This day is for you...relax, enjoy, learn and connect.**

CONFERENCE CAREGIVER SESSIONS WILL INCLUDE:

Keynote: "Hanging by a Thread – Saving Yourself While Caring for Others" — Lori La Bey

Second Session: "Family Gatherings and Traveling with Dementia: Driving and How to Address Challenges" — Lori La Bey

Afternoon Session: "Planning for the Caregiving Journey" — Visa Srinivasan MD, Medical Director of Health First Aging Services, will moderate a panel of experts to help guide you on the different stages of your caregiving journey. Our panel will include a social worker, nurse case manager, elder law attorney and representatives from Health First Private Duty and Hospice of Health First.

Exhibitor Resource Fair: "Ask the Experts"

COMPLIMENTARY LUNCH, DOOR PRIZES AND MUCH MORE

Last chance to register – call 321.434.4335

*If you need care for your loved one in order to attend the conference, please call SarahCare at 321.676.3460 **after you register** for our conference. They will kindly provide respite for your loved one for a nominal fee. SarahCare.com/Melbourne*



OUR 2018 KEYNOTE SPEAKER: **LORI LA BEY**

Lori La Bey is the founder of Alzheimer's Speaks, which provides education and support for those dealing with dementia. She has a radio show and a webinar series dedicated to dementia issues and awareness.



CENTER FOR
**Family
Caregivers**

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HEALTH FIRST AGING SERVICES

Programs for Caregivers

“Caring for the Caregiver,” a monthly lecture series led by Visa Srinivasan, MD, Medical Director of Health First Aging Services, resumes in March:

- **Thursday, March 8, from 10:30 to 11:30 a.m.**
Session 1: Warning Signs of Depression:
Change in Attitude vs. Change in Chemistry?
The science behind the blues: RSVP to 321.434.7625.
- **Thursday, April 12, from 10:30 to 11:30 a.m.**
Session 2: Diagnosis of Depression:
Change in Attitude vs. Change in Chemistry?
The science behind the blues: RSVP to 321.434.7625.

“Legal Considerations Before a Crisis Occurs” will be held from 10:30 a.m. to noon on Wednesday, March 21. This session covers steps needed before a loved one loses capacity, including the planning documents needed to handle healthcare decisions, management of financial affairs, and protecting assets if assistance with the cost of care is needed. It will cover avoiding guardianship and the advantages of completing legal planning early in the progression of the disease. What government agencies can provide assistance with the cost of care? What are the rules and limitations on assistance? How soon should long-term care planning be started? These are just a few of the complicated legal issues Elder Law Attorney Kurt C. Weiss of Betten, Murphy & Weiss, P.A., will address. RSVP at 321.434.7625.

“Stress-Busting for Family Caregivers” will be held from 1 to 3 p.m. on the following Tuesdays: March 6 and 13. This is a multi-component program that meets for two hours per week for nine weeks. It provides caregivers the tools they need to take care of themselves. This program helps them cope more effectively with the stress related to caregiving, manage grief, understand loss and depression, deal with challenging behaviors, learn relaxation and coping strategies, and choose a path of wellness. For information on future classes, please call Sue Cosker at 321.434.7614 at the Memory Disorder Clinic.

April Programs for Caregivers

“Legal Incapacity and Guardianships” will be held from 10:30 to 11:30 a.m. on Wednesday, April 18, led by attorney Amanda G. Smith, Esq., GrayRobinson, P.A. Ms. Smith will discuss important topics in guardianships. Guardianships are not necessary in all situations, but can be important tools to protect your loved ones with cognitive impairments in a number of situations. Ms. Smith will give examples of when guardianships might be necessary and how to avoid them when they are not. Ms. Smith will also answer guardianship-related questions. RSVP to 321.434.7625.

Memory Care Seminars Positive Approach to Care

Led by AJ Cipperly, M. ED, PAC
Trainer, Certified by Teepa Snow

Thursdays: April 26, May 17, June 21

10:30 a.m. to noon

Class 1: PAC: Positive Approach to Care, from 10:30 a.m. to noon on Thursday, April 26. Learn more about what happens to the brain with dementia. Gain an understanding of how the structural and chemical changes affect functioning and how to focus on and support the skills and abilities that remain. RSVP to 321.434.7625.

Class 2: GEMS: Seeing More than Loss, from 10:30 a.m. to noon on Thursday, May 17. Learn how thoughts, feelings and words play a role in “how” we see and care for people with dementia. Teepa Snow’s GEMS model of progression matches GEMS with states of being in dementia and focuses on remaining abilities rather than loss. RSVP 321.434.7625.

Class 3: Building Positive Care Partner Skills, from 10:30 a.m. to noon Thursday, June 21. Learn specific ways to support your loved one’s changing abilities. Supportive communication, your approach and making a connection with the person are crucial in a positive approach to care. RSVP 321.434.7625.



AJ Cipperly, National Director of Memory Care and Training with Validius Senior Living, will present Teepa Snow’s **Positive Approach to Care series**, which is sponsored by Inspired Living of Palm Bay.

April Programs for Caregivers

A Living Healthy Workshop will be held from 1:30 to 3 p.m. on the following Thursdays: April 12, 19, 26; May 3, 10, 17. The six-part workshop is designed for those who are looking to take control of an ongoing health condition or are caring for someone with one. Learn how to manage symptoms, communicate effectively with healthcare professionals, lessen your frustration, fight fatigue, build your confidence, make daily tasks easier and get more out of life. **Call 321.434.4335 to register for this or future classes.**

Family Caregiver Weekly Support Groups

Please call 321.434.7625 if you are planning to attend a support group for the first time.

Coping with Caregiving meets at 10:30 a.m. every Wednesday and will focus on support for caregivers of loved ones with memory impairment or any chronic illness. Join us for an informal sharing of practical caregiving information and helpful community resources. It will be led by Joyce Brang, LCSW, Health First Health Plans and Health First Aging Services.

The Empowered Caregivers Support Group meets at 11 a.m. Thursdays, allowing those caring for someone with memory loss or any condition to share their journey with others who understand what they are experiencing. It is led by Alyce Webster, MSW, Health First Aging Services.

Caregiver-to-Caregiver Support Group meets every Tuesday at 10:30 a.m. for caregivers caring for someone in advanced stages of dementia or a chronic illness, and for those caregivers transitioning from caregiving after losing a loved one. (Pre-registration is required for this support group. Please call 321.434.7625 for registration details.)

Family Caregiver Monthly Support Groups

Living with Grief: Living with grief is a universal human experience, and we need support and tools to cope. Join us for an opportunity to listen/share/learn in a group setting. Led by Karen Czarniak, Bereavement Counselor with Hospice of Health First, on the **first Tuesday of every month at 10:30 a.m.** (Please call 321.434.3238 if you are planning to attend for the first time.)

Stroke & Aneurysm Support Group is held on the **first Monday of every month at Holmes Regional Medical Center Auditorium from 5:30 to 7 p.m.** Survivors and caregivers are encouraged to join Health First's Stroke & Aneurysm support group. Professionals will help you cope and recover in a relaxed environment, where you can discuss your fears, hopes and frustrations. Light refreshments will be served. Please RSVP to 321.434.1752.

Programs for Caregivers and Loved Ones

Melbourne Early Stage Support Group meets on the second Wednesday of every month from 2 to 3:30 p.m. This is a monthly group designed to provide emotional, educational and social support to people diagnosed with early stage Alzheimer's or a related dementia, as well as their care partner. Tanya Thompson, MA, Associate Director of Community Outreach from the Alzheimer's Association will be the guest speaker. (See topics below.) **RSVP to 321.434.7625.**

- **"Living A Healthy Life with Alzheimer's Disease" from 2 to 3:30 p.m. March 14**
- **"Effective Communication Tips" from 2 to 3:30 p.m. April 11**

Chair Exercise – "Stretch, Exercise, Relax and Socialize." Please join us for our chair-based exercise class for caregivers and their loved ones **from 2 to 3 p.m. every Wednesday.** This new rhythmic chair exercise class, led by Instructor Pat DeAngelis, RN, includes moving to music, stretching for strength, relaxing your mind and muscles, recharging your spirit, and a calming cooldown. This class is designed to: improve muscular strength and endurance; increase flexibility and stamina; improve balance, teach posture and breathing; and help prevent falls.

Arts & Crafts class – meets from 1:30 to 3:30 p.m. every Thursday. Our volunteer art instructors will help participants make decorative art items for all seasons. Please join us this month as we continue making special items for Spring and Easter. All materials will be supplied. Socialize with others, share memories and create a homemade art project. RSVP to 321.434.7625.

Caregiving Essentials: Part 1 - Begins on April 6

Enhancing your skills to build confidence, create your caregiving toolkit, reduce your stress and reach the power of acceptance, patience and peace

This is a seven-week caregiving education series led by Pat DeAngelis, BS, RN, LCN. This is the first of a three-part comprehensive training series for family caregivers. Classes meet from 10 a.m. to noon on the following Fridays: April 6, 13, 20 and 27, and May 4, 11 and 18. Classes may be taken individually. RSVP to 321.434.7625.

- **Class 1: “Enhancing Your Physical Health” will be held from 10 a.m. to noon on Friday, April 6.** This class is designed to help participants create a personal health records toolkit for both the caregiver and loved one, including: forms to record vital personal information and medical history; recommended preventive service; results of previous tests; due dates for next tests; tracking forms for medication, blood pressure, heart rate and diabetes; tips to enhance communication with healthcare providers and visits to the doctor; and the importance of having “**The Talk**” (caring conversations) with parents and family members to make important decisions regarding future healthcare needs. Our instructor will also demonstrate what to pack ahead of time in an “emergency bag,” should your loved one have to make a hospital visit to the ER, helping it to go more smoothly to reduce stress and confusion.
- **Class 2: “Enhancing Skills for Better Care” will be held from 10 a.m. to noon Friday, April 13.** This class is designed to help caregivers develop a Caregiver’s Plan to build confidence, understanding and stamina; understand the value of knowing what to expect in the disease progression; and identify steps to follow to stay well, be proactive and be organized.
- **Class 3: “Enhancing Caregiver Patience for Better Communication” will be held from 10 a.m. to noon on Friday, April 20.** Participants in this class will learn the technique of communicating with patience, empathy and humor to produce more positive outcomes, helping them to and learn to identify key principles to meaningful connections with loved ones.
- **Class 4: “Enhancing Responses/Reactions to Challenging Behaviors” will be held from 10 a.m. to noon on Friday, April 27.** This class will help caregivers identify changes in the brain that result in typical shifts in behavior and understand the impact of these changes as the disease progresses. The instructor will help caregivers build confidence when responding to challenging behaviors, using techniques to handle difficult situations.
- **Class 5: “Enhancing Awareness of Hazardous Caregiving Emotions” will be held from 10 a.m. to noon on Friday, May 4.** This class is designed to help caregivers identify the triggers/causes of emotions and harmful effects on mind, body and spirit. Our instructor will help participants develop caregiver steps to manage emotional fallout and create a balance of personal, social and health needs for both the caregiver and loved one.
- **Class 6: “Enhancing Positives for Stress Management” will be held from 10 a.m. to noon on Friday, May 11.** In this class, caregivers will learn to recognize early warning signs of high stress – be it physical, emotional, behavioral or with relationships—and the barriers to manage it. Steps to prevent caregiver burnout will be discussed as well, since resources and techniques can help manage stress.
- **Class 7: “Enhancing Your Ability to Make Difficult Decisions” will be from 10 a.m. to noon on Friday, May 18.** Discussions include difficult decisions facing caregivers, as well as coping strategies for life transitions and realities. It is designed to teach caregivers steps to define and clarify difficult issues and problems; explore options and solutions; and design an action plan with acceptance, courage and confidence.