

morning workshops

11 am – 12:15 pm

1. Essential Conversations: Preventing and Resolving Issues Between Family Members

Caring for a family member with dementia often triggers significant issues within families. Many struggle with effectively addressing questions about who is going to provide care, what type of care is appropriate, who will be the decision-maker(s), and how information will be communicated and shared. Often resentment, pain and frayed or broken family ties are the legacy of caregiving years. This workshop is designed to help you create a legacy of love and goodwill in your family. You will learn practical strategies for more effectively and harmoniously engaging in the “Essential Conversations” families need to have when caring for a member with dementia. Leave inspired and prepared to have these “Essential Conversations” with your family.

Presented by: Amy D’Aprix, MSW, Ph.D., CPCA, president of Dr. Amy Inc.

2. Alzheimer’s Disease: Your Questions; Their Answers

This facilitated panel discussion provides a platform for you to ask the questions on your mind, and to hear responses from three excellent sources, an individual diagnosed with early-stage Alzheimer’s disease, a neurologist working with Alzheimer’s patients, and a person providing direct care to a spouse diagnosed with Alzheimer’s.

Moderated by: JulieAnn Calareso, Esq.

Panelists:

Stephen Hume, PhD, member of the Alzheimer’s Association Early Stage Advisory Group, National Board of Directors and coauthor of Principles for a Dignified Diagnosis.

Earl Zimmerman, MD, director of Alzheimer’s Center of Albany Med and director of clinical research for Neurosciences Institute.

Carol Watson, Care Partner

3. Strategies for Savvy Caregiving

You probably didn’t plan to become a caregiver; and certainly never trained for this role. Taking care of a loved one with Alzheimer’s or dementia is specialized work. In order to do this work successfully, caregivers need training – tips, tools, and knowledge to manage the day-to-day tasks of being a caregiver. Most caregivers come by their knowledge “on the job” through trial and error. This workshop will arm participants with tangible tools that result in an enhanced appreciation for the role of caregiver, and skills that enable you to manage the daily challenges dementia presents with grace and humor, while also ensuring that you care for yourself along the way.

Presented by: Karen Britt, Western Region program manager and support group liaison for Alzheimer’s Association of Northeastern New York

4. An Activity a Day Keeps the Stress Away: Engaging Persons with Dementia in Meaningful Activity

Engaging people with dementia in meaningful activity over the often unpredictable course of this illness can be one of the most significant challenges facing caregivers. Activities are important, not only to the care recipient but to the caregiver themselves. In sharing a meaningful experience we achieve a sense of purpose, as does our loved one. This workshop will increase your understanding of why this task tends to be such a challenge, improve your ability to creatively develop individualized activities for those in your care, and provide tangible activity tools you can implement immediately.

Presented by: Courtney Van Dyke, MS of Eddy Senior Care

afternoon workshops

1:15 pm – 2:30 pm

5. Transitions: Preparing For and Adjusting To Change

As Alzheimer's disease progresses, caregivers must modify their approach to care to meet their loved one's changing needs. This workshop identifies the changes that occur through the different stages of the disease progression and offers strategies for care, as well as presenting different care options available to deal with the inevitable, and often difficult, transitions.

Presented by: Elizabeth Smith-Boivin, MSHSA, director of Anne B. Goldberg Alzheimer's Resource Center, The Alzheimer's Center of Albany Med

6. My Loved One's Behaviors are Making Me Crazy! Approaches to Coping with Challenging Behaviors

As a caregiver for a loved one with dementia, it can be extremely worrying and upsetting to experience the behavior problems often associated with Alzheimer's disease. For many, these difficult behaviors are the most challenging and exhausting aspect of caring for a person with dementia. Geriatric psychiatrist, Dr. Ermolenko, will share strategies for managing challenging behaviors to increase the quality of life for both the person with dementia and the caregiver.

*Presented by: Guerman Ermolenko, MD, Geriatric Psychiatry Consultant, PLLC
Erin Fay, LMSW, program manager of Eddy DayBreak*

7. Empowering Caregivers: Ways to be a Successful Advocate

Individuals caring for someone with dementia often feel overwhelmed and may lose sight of their options. Some do not want to offend the doctor or bother loved ones. Participants in this workshop will learn and practice skills to navigate healthcare, develop the confidence to advocate for your concerns, and experience better outcomes. You'll learn methods and tips for having a productive doctor's visit, understanding medications and preparing for a hospital discharge. Each participant will receive handouts, including a doctor's visit checklist, medication list, medication record, and hospital discharge planning checklist.

Presented by: Beth van Bladel, CPA of Capital Region Patient Advocacy

8. Finding Meaning in the Journey of Alzheimer's

Each person with dementia presents unique issues that can challenge family and professional caregivers alike. Janet Edmunson, author of "Finding Meaning with Charles", presents ideas and solutions for these distinctive care needs by using poignant stories, affirmations and personal exploration. She shares strategies to help family and professional caregivers flourish and find meaning in the midst of caregiving struggles.

Presented by: Janet Edmunson, M. Ed. of JME Insights. speaker and author of "Finding Meaning with Charles"

Use these symbols to help you identify workshops appropriate to your interest and experience.



= family caregiver



= professional caregiver



= new to caregiving