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
• Charles County Department of Community Services Aging and Senior Programs

In cooperation with:
• The Calvert County Office on Aging
• St. Mary’s County Department of Aging
• Alzheimer’s Association, Southern Maryland Office
• Chesapeake Potomac Home Health Agency
• Civista Health, Inc.
• Fenwick Landing
• Senior Network, Inc.

CAREGIVERS are people who care for and are concerned about older people.
What To Do When The Gas Gauge Reads Empty?
Frances Lodder, MSW, LCSW-C, Geriatric Mental Health Project, Pastoral Counseling Services of Maryland

When you are feeling so overwhelmed that you forget to stop for gas, and then feel guilty because you need help...you need help! Let’s talk about loosening the grip of caregiver guilt, letting go of the feelings of frustration and anger and moving toward living a better balanced life. It may help to know that these are feelings shared by many caregivers...you are not alone in this.

A. Activities For Individuals With Dementia
Shelly Edwards, Alzheimer’s Association, National Capital Area Chapter

Do you have trouble making activities enjoyable for a person with Alzheimer’s or dementia as well as yourself? Have you created any interesting activities? Why can’t the person with Alzheimer’s or dementia do that favorite activity that they always used to do? Come learn about the importance of activities (or share those you are doing) and try to better understand what is happening to the person affected by Alzheimer’s.

B. Palliative Care: An Important Care Option
Krishan Mathur, MD, Cambridge Oncology Infusion Center

Dr. Mathur will discuss the definitions of, differences between palliative, acute and hospice care. He will explain for whom, when and how to start palliative care as part of a treatment plan – as well as how to discuss the different issues which arise as treatment options change. The session will allow time for questions and answers.

C. Caregiving: The Emotional Tug Of War
Janet Kurland, MSW, LCSW-C, Jewish Community Services

Caregiving takes a lot of energy. Caregiving takes a lot of time. Caregiving requires you to juggle even more than you did before. Caregiving takes a toll on the caregiver. Caregiving impacts our lives in many ways. This session will examine these areas of impact and focus on recognizing caregiver stressors as well as identifying practical ideas for feeling better.

D. Caring For Loved Ones In The Home — Part I
Paige Tamburo, OT, ATP, Advance Medical Concepts and Noson Weisbord, Advance Medical Concepts

The session will focus on safety and body mechanics for both the caregiver and the client. How to make the home safer for the caregiver and the client will be discussed. The techniques for safely moving the client and what equipment might benefit the caregiver and client will be explained. Competitive bidding which takes effect this year, and how to obtain medical equipment — plus the physician’s role in the process will also be discussed. How you can advocate for your loved ones to obtain needed services will be covered during the session.
E. Managing Chronic Diseases In The Home Setting
Linda Goodman, BSN, RNC, College of Southern Maryland

The presentation will encompass an overview of the various roles of caregivers and the impact on the family and client. Further discussion will cover responsibilities, tasks, challenges, stressors and identifying changes in client condition. These challenges and stressors include abuse, falls, medication management and dealing with dementia and depression. Communication techniques for use in observing, reporting and recording changes in client’s health status will be discussed. The presentation will conclude with a discussion of community resources available to support and maintain the client in the home setting.

F. Fitness Therapy For Two: Caregiver And Care Receiver
Deborah Shanks, Charles County Department of Community Services, Aging & Senior Programs Division

The role of caregiver places great physical and emotional stress on the individual. In this session, learn how you can keep yourself and the one you care for in shape while reaping the stress busting benefits of age and disability appropriate healthy exercise.

G. Managing Challenging Behaviors Associated With Dementia
Georgia Stevens, PhD, APRN, BC, 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.

H. Maryland Access Point — The Key To “No Wrong Door”
Ruth Anderson-Cole, Senior I & A Program Specialist
Linda Blake, Resident Advocate/Case Manager
Beth Fiske, LCSW, Senior I & A Coordinator
Lisa Furlow, RD, LD, Nutritionist
Bonnie Hampton, Home & Community Based Services Manager

This session is designed to provide a multi-disciplinary approach to helping the caregiver navigate community resources and services. A panel of speakers from the Charles County Area Agency on Aging will share their expertise. Attendees are encouraged to bring questions.
I. Practical Skin Care Tips For Incontinence, Bathing, And Pressure Ulcer Prevention

Amber Fowler MSN, RNC, CWOCN, Program Director, Civista Center for Wound Healing, Certified Wound, Ostomy, Continence Nurse

Skin care, incontinence management, and pressure ulcer prevention are areas of care that often present many challenges. This session will include an overview of the function of the skin, aging skin changes and how these changes affect skin care, incontinence management, and pressure ulcer prevention. Incontinence management tips, bathing suggestions, and pressure ulcer prevention guidelines will be discussed.

J. Caring For Loved Ones In The Home — Part II

Paige Tamburo, OT, ATP Advance Medical Concepts

This session will provide demonstrations and hands-on training for the attendee. It will allow participants to learn and practice use of medical equipment, transfers, fall prevention, movement from point A to point B, as well as promoting safety in the home and around the community. Learn first-hand what type of equipment is most appropriate for you and the person in your care.

K. Medication Management For Older Adults: Survival Skills For Caregivers

Madeline Feinberg, PharmD, University of Maryland School of Pharmacy

The session will provide guidelines on how to manage medications when caring for older adults. Included will be: a list of do's and don'ts when you shoulder the responsibility for supervising medication administration; types of medications; - both prescription and over-the-counter, that must be used cautiously in older adults and the reasons for caution; devices to help you set up medications, and how your pharmacist can help you maximize the benefits of medications and minimize their risks.
M. Plan of Care 101,
Rebecca Kessler, Division Manager, Home & Community-Based Services, St. Mary’s County Department of Aging & Human Services

Many family caregivers strain themselves while providing round the clock care for their loved ones. A Plan of Care is a helpful tool used by case managers when providing coordination of services. Learn to create your own Plan of Care with the review of three different case studies and their respective Plans of Care. Learn about resources, best practices in hiring and retaining a caregiver, to give you a break and 10 great caregiving ideas to lighten the load. This session will provide a blank template that may be used to build one’s own Plan of Care.

N. Let’s Be Heart Smart
Kyrese Scott, DHSc, Washington VAMC

This session will discuss current cardiovascular issues involving health and nutrition suitable for a senior population. Topics covered will include: risk factors of heart disease, good and bad cholesterol, heart healthy dining/cooking, and lifestyle changes. Handouts will be provided.

O. Understanding Medicare, Medicaid And Nursing Home Coverage
Pat Osborne, MSW, Family Investment Program Administrator, Charles County Department of Social Services

The presentation will provide families with information on the qualifications individuals and families must meet to receive Medicaid and specifically coverage for nursing homes. Ms. Osborne will also explain what Medicare and Parts A, B, C and D offer to individuals.

P. To Build A Better Life, You Have To Have The Right Tools
Denise Barton Schuler, MS, ATP, Maryland Technology Assistance Program

The Maryland Technology Assistance Program (MD TAP) provides tools to help Marylanders with disabilities and seniors enjoy the same rights and opportunities as other citizens. These tools are called “assistive technology” or “AT”. Assistive Technology (AT) is any item needed to live, work or learn more independently. The program provides a streamlined service of product information, consultation, and resource assistance in order to make assistive technology more available, affordable and usable for Marylanders with disabilities and seniors.

Q. Fitness Therapy For Two: Caregiver And Care Receiver (Repeat of Session F)
Deborah Shanks, Charles County Department of Community Services, Aging & Senior Programs Division

The role of caregiver places great physical and emotional stress on the individual. In this session, learn how you can keep yourself and the one you care for in shape while reaping the stress busting benefits of age and disability appropriate healthy exercise.

1:45 – 2:30 p.m.

CLOSING SESSION

The Politics of Aging
Laura Feldman, Grassroots Organizer for the Southeastern United States, National Committee to Preserve Social Security and Medicare.

Ms. Feldman will discuss what is currently being debated in Congress regarding Long Term Care, Medicare, Medicaid and Social Security and what is, what was and what will be! With humor and insight we will learn that “politics” can be a laughing matter.
The registration fee for the conference is $22.00, and covers conference materials, continental breakfast and a boxed lunch.

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I would like to attend the following breakout session:

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

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

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

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Please mail a check or money order payable to the Charles County Commissioners no later than April 12, 2013.  PLEASE INCLUDE YOUR PHONE NUMBER ON THE CHECK.

Please send your check and this registration form to:

21st Annual Southern Maryland Caregivers Conference  
Charles County Dept. of Community Services, Aging and Senior Programs  
8190 Port Tobacco Road  
Port Tobacco, Maryland 20677

For more information, please call 301-934-0128 or email olmstedc@charlescounty.org

**DIRECTIONS TO RICHARD R. CLARK SENIOR CENTER**

**210 Charles Street, La Plata, MD 20646**

**From the North:** Using 95 South, take Exit 7A (Rt. 5/Branch Ave.) toward Waldorf. Stay straight on Rt. 5/Branch Ave. until it joins Rt. 301/Crain Hwy. Continue on Rt. 301 South past Waldorf and St. Charles into La Plata. Turn left at the intersection of Route 6 (Charles St.) and Route 301 (Sunoco on the right and Exxon on the left). Proceed on Route 6 East through La Plata for approximately 1½ miles. The Richard R. Clark Senior Center is on the left just before the junction of Route 488 and Route 6.

**From the South:** Travel North on Route 235 and Route 5 to the junction of Route 6. Turn left onto Route 6 West and proceed 12 miles. Turn right into the Richard R. Clark Senior Center just after the junction of Route 488.

**From the East (Prince Frederick):** Take the Patuxent River Bridge on Route 231 West to Hughesville. Turn right onto Route 5. Proceed North on Route 5 for approximately 5 miles. Turn left onto Route 488 and follow to junction of Route 6. Turn right onto Route 6 and make a quick right turn into the Richard R. Clark Senior Center parking lot.