

PRESENTER:



Elaine K. Sanchez, Speaker, Author, Co-Founder of CaregiverHelp.com

Elaine K. Sanchez is an author, speaker, co-founder of CaregiverHelp.com, a video-based caregiver support program. She is the author of "Letters from Madelyn, Chronicles of a Caregiver" and the blog, "Caregiver Help Word of the Day." Elaine has been approved as a trainer

for long-term care workers in the State of Washington by the Department of Social and Health Services. She also developed "Alzheimer's Survival Training," hosted on the website www.CEUs-R-EZ, which has been approved by the NAB for nurses and long-term care administrators.

Presentation: "Finding Hope, Humor & Heart in Caregiving"

Objectives:

- 1. Develop increased awareness of the reasons family caregivers experience emotional stress.
- 2. Understand that caring for individuals who are aging, chronically ill, disabled, or living with dementia-related diseases is complex. Having negative feelings is part of the caregiving journey.
- 3. Recognize that while family and professional caregivers may have different triggers, they both experience anger, guilt, depression, and grief.
- 4. Identify the three-step process of developing an attitude of creativity toward upsetting situations.

Presentation: "Coping with Caregiver Anger and Guilt"

Objectives:

- 1. List similarities and differences in the anger experienced by professional caregivers and by family caregivers.
- 2. List the types of events and feelings that lead to caregiver anger and guilt.
- 3. Identify ways to coach caregivers through the process of developing an attitude of "creative indifference."
- 5. Identify behaviors typical of "guilt trippers."
- 6. Identify strategies that ease feelings of anger and guilt in caregivers.

Presentation: "Dealing with Depression & Grief"

Objectives:

- 1. List similarities and differences between reactionary depression and clinical depression.
- 2. List strategies for coping with and overcoming both types of depression.
- 3. List the process of preparatory grief and strategies for coping with the emotional stress of losing a person over an extended period of time to degenerative and progressive diseases.
- 4. List strategies for coping with grief after someone dies.

Presentation: "Caregiver Self-Care"

Objectives:

- 1. Understand that self-care is not selfish.
- 2. Develop a personalized plan for self-care.

Western Illinois Area Agency on Aging 39th Annual Conference

- 0.6 CEUs Approved for Illinois & Iowa Nurses IBON Approved Provider #8
- 6.0 CEHs Approved for other Healthcare Professionals

NASW has approved this conference for 6.0 hours of continuing education by the Iowa Board of Social Work and the Iowa Board of Behavioral Sciences.

PURPOSE:

This conference provides a wide range of information to agencies and businesses seeking to better understand and meet the needs of older individuals. Ms. Sanchez will discuss the topics of caregiver anger, guilt, depression, grief, and dementia-related challenging behaviors. The speaker's real-life stories and personal experiences help attendees realize that having negative feelings is part of the caregiving experience. The emotional stress of caring for persons who are aging, chronically ill or disabled can be debilitating for family members as well as professional caregivers. This course addresses caregiver anger and guilt, and provides a three-step process that helps caregivers develop an attitude of "creative indifference" toward the people, situations and events that cause them the greatest amount of emotional stress. A workbook will be provided to each registrant.

TARGET AUDIENCE:

Senior service providers, social workers, nurses, nursing home administrators, caregivers, and all others who want to increase their understanding and knowledge of aging issues.

CONFERENCE AGENDA

- 8 - 9 a.m. Registration, Vendor Displays, and Continental Breakfast
- 9 - 10:15 a.m. Keynote Presentation - "Finding Hope, Humor, & Heart in Caregiving"
- 10:15 - 10:30 a.m. Break
- 10:30 - 11:45 a.m. Interactive Workshop - "Understanding and Coping with Caregiver Anger & Guilt"
- 11:45a.m. - 12:45 p.m. Lunch and Vendor Displays
- 12:45 - 2 p.m. Interactive Workshop - "Dealing with Caregiver Depression & Grief"
- 2 - 2:15 p.m. Break
- 2:15 - 3:30 p.m. Presentation - "Caregiver Self-Care"

Location: i wireless Center
1201 River Drive, Moline, Illinois 61265

**For more information, contact: WIAAA (309) 793-6800
First Stop for Seniors @ wiaaa.org**

REGISTRATION:

Complete this registration form and send a check or money order (no cash please) with the class number and student's birthdate written on the lower left hand corner. We will call you to confirm faxed registrations. Tuition and fees are due at time of registration.

To register, call the college nearest you or toll-free
1-888-336-3907 or Muscatine Community College at 563-288-6100 or send your check or money order (no cash please) to Eastern Iowa Community Colleges, Attn: Registration, 306 West River Drive, Davenport, IA 52801. FAX:563-441-4053

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Address: _____

City/State/Zip: _____

Day Phone: _____ Night Phone: _____

Email: _____

Please provide for conference updates.

Birthdate: _____

Professional License No. (if applicable): _____

Profession: _____ State(s) _____

Organization/Company: _____

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Refunds and substitutions - If your plans change, you may cancel your registration up to three calendar days prior to the start of the program. After that, no refunds will be issued. You may however, apply the tuition towards another class that meets your scheduling requirements or you may choose a gift certificate in the amount of your class to use within one year of the date issued. Please note that if you don't cancel and don't attend, you are still responsible for payment.

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Eastern Iowa Community Colleges
Scott Community College Urban Center
306 West River Drive, Davenport, IA 52801-1221

Western Illinois Area Agency on Aging 39th Annual Conference

Thursday, September 14, 2017

Registration
8 – 9 a.m.

Program
9 a.m. – 3:30 p.m.

Non-Profit
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U.S. Postage
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