Conference made possible by support from:

Dr. Joe Russell

In memory of
Hester McDaniel Russell
and in honor of
all family caregivers

In partnership with:

- Alzheimers North Carolina
- Barton College Gerontology Program
- Upper Coastal Plain Area Agency on Aging Family Caregiver Support Program

And special thanks to:

- Ruth Sheets Adult Care Center, Raleigh
- UNC Memory Disorders Clinic, Chapel Hill

Contact Information:

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Upper Coastal Plain
aaa
Assistance. Advocacy. Answers On Aging

10th Annual

Caregiver Education Conference

The Building Blocks of Successful Dementia Care

Tuesday, March 5, 2013

Barton College

Hamlin Student Center

Wilson, NC

Objectives

- Explore techniques & strategies caregivers can use to care for themselves and others.
- Identify resources to develop daily routines and programs that meet the needs of people with dementia and their caregivers.
- Describe the most recent and effective assessment, treatment and care options available for people with dementia and others needing care.

Additional Information

- **Registration Fees**
  - Family Caregivers: $10 (scholarships available upon request)
  - Clergy, Students, & Volunteers: $10
  - Professionals: $35 (includes CEU's from NC DHSR)

Please make check payable to Alzheimers North Carolina, Inc.

Payment non-refundable after deadline

- **Location**: Hamlin Student Center, Barton College. For directions, visit http://www.barton.edu/maps directions. ***Parking is Free.***
- **Respite Reimbursement Available**. Prior approval necessary. For information please call DeeDee Harris at (919) 832-3732.
- **Books** available for sale.
- Please **dress in layers** as room temperatures are difficult to regulate.
- **Special needs** (i.e. mobility, hearing, vision), please notify us in advance so accommodations can be made, if possible.

Contact Information

- *Kim Emory, Family Caregiver Resource Specialist, (252) 234-5960 or kemory@ucpcog.org.*

Conference Schedule

8:00 - 9:00 **Registration and Visit Exhibitors**

9:00 - 9:30 **Welcome and Introductions**

9:30 - 10:45 **Diagnosing Dementia: Taking a Look Back to Help Us Move Forward**
Daniel Kaufer, MD, Chief of Cognitive and Behavioral Neurology & Director, UNC Memory Disorders Clinic, UNC – Chapel Hill, Director, Carolina Alzheimer's Network

10:45 - 11:00 Break: Visit Exhibitors

11:00 - 12:00 **Breakout Sessions** (Choose One to Attend, Repeated Below)

A. Dining with Dementia: A Practical Interactive Workshop
Susan McGuire, MR, Director of Older Adult Ministries, Edenton Street United Methodist Church, Raleigh, NC

B. Through the Eyes of a Child: Helping Children Deal with Family Caregiving Issues
J. Steven Fulks, Ph.D., Madison Cauley, Anna Batts, Barton College Gerontology Program

C. Laughter Really is the Best Medicine: An Introduction to Laughter Yoga
Kim Emory, Family Caregiver Resource Specialist, Upper Coastal Plain COG Area Agency on Aging

D. The Building Blocks of Caregiving: An Interactive Skill Building Session for New Caregivers
Lisa Levine, Program Director, Alzheimers North Carolina

12:00 - 1:00 Lunch

1:00 - 2:00 **Breakout Sessions** (Repeated From Above)

A. Dining with Dementia

B. Through the Eyes of a Child: Helping Children Deal with Family Caregiving Issues

C. Laughter Really is the Best Medicine: An Introduction to Laughter Yoga

D. The Building Blocks of Caregiving: An Interactive Skill Building Session for New Caregivers

2:00 - 2:15 Break: Visit Exhibitors

2:15 - 3:30 **Looking Back, Looking Forward, Finding Joy in the Journey**
Melanie Bunn, MS, RN, GNP, Dementia Training Specialist, Alzheimers NC

3:30 - 4:00 Closing, Door Prizes, and Completion of Evaluations

Continuing Education Contact Hours: NC Division of Health Service Regulation—4.5 hours

Wilson Registration Form

Registration due by Tuesday, February 26, 2013

Pre-registration Required

Name: _____

Mailing Address: _____

_____

_____

Phone: _____

E-mail: _____

Payment:
- ❑ Family Member/ Family Caregiver $10
- ❑ Will call to Request Alzheimers NC cover $10 fee (family caregivers only)
- ❑ Clergy Member/Student/Volunteer $10
- ❑ Professional $35 (includes CEU's from NC DHSR)

Make check payable to Alzheimers North Carolina, Inc.
Payment non-refundable after deadline.

Will You Need Respite Assistance for Your Loved One?
❑ Yes ❑ No
(If yes you will be contacted by ALZNC for approval)

Breakout Sessions (circle two):

A. B. C. D.

Lunch will be provided on site.

Please submit your registration to:
Kim Emory, *Family Caregiver Resource Specialist*
Upper Coastal Plain Area Agency on Aging
Address: P.O. Box 9 Wilson, NC 27894
Phone: (252) 234-5960
Fax: (252) 234-5971
Email: kemory@ucpcog.org