

2012 Schlichting Caregiver Conference

Alzheimer's Toolbox: Tips for Living and Loving

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Houston & Southeast Texas Chapter
2242 West Holcombe Blvd.
Houston, TX 77030-2008

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without Alzheimer's

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Conference Schedule

- 8:00 a.m.** Registration and continental breakfast
- 8:30 a.m.** Opening session: **A Loving Approach to Dementia Care**
This session will provide practical tips to help caregivers balance their own needs with those of their loved ones to create a more positive experience.
- 9:45 a.m.** Morning session
- 10:45 a.m.** Lunch and vendor fair
- 11:45 a.m.** Afternoon session
- 12:45 p.m.** Closing session: **Whatever Floats Your Boat!**
After the closing remarks, participants are invited to enjoy ice cream floats, sundaes and live music. Please join us for a relaxing time!



alzheimer's association®

Houston & Southeast Texas Chapter

Saturday, June 9, 2012

The Church of St. John the Divine
2450 River Oaks Blvd.
Houston, TX 77019

Conference Fees:

Registration: \$20
Late Registration (begins June 3): \$30

No one will be turned away because of inability to pay.
Please call 713.314.1313 for details.

Your Registration Includes:

- Continental Breakfast
- Lunch
- Conference Materials
- Resource Fair

Conference Sponsor:



This program is supported, in part, by the city of Houston acting as the Harris County Area Agency on Aging and the Texas Department on Aging and Disability Services.

Keynote Speaker:

Laura Wayman is an accomplished keynote speaker, author, trainer and a dedicated Gerontologist. Prior to becoming a full-time professional speaker, she built a senior care empire from the ground up, relying on her deep understanding of the responsibility a family caregiver faces in the demanding role of providing care to a loved one. In 2001, she became the owner/operator of an innovative company, The Dementia Whisperers, Inc., helping families and professionals deal with Alzheimer's disease.



Register online at www.alztex.org/conference, by calling 713.314.1313 or by mailing the registration form below to:

Alzheimer's Association Houston & Southeast Texas Chapter 2242 W. Holcombe Blvd., Houston, Texas 77030

Name _____ Address _____
City _____ State _____ Zip Code _____
Telephone _____ E-mail _____

Registration Type:

- \$20 Conference I'm interested in participating in the 2012 Walk to End Alzheimer's.™
 \$30 Late Registration (begins June 3) Please contact me with more information.

Billing Information:

Total Amount to Charge \$ _____ Credit Card Type (Choose One) Visa MasterCard Amex Discover

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Name on Card _____

Card Holder Address (if different from above) _____

Signature _____

Rank these classes 1-4 (1 being the most preferred and 4 being least preferred.)

Maintaining Your Loved One's Self Dignity: 1 2 3 4 Meaningful Interactions with Persons with Memory Loss: 1 2 3 4

Self-Care Tips from Fellow Travelers: 1 2 3 4 Navigating Family Dynamics: 1 2 3 4

Breakout Sessions

Maintaining Your Loved One's Self-Dignity:

Cyndee Frey, RN, MS

The purpose of this session is to discuss the importance of maintaining the self-dignity of a person with dementia. The session also aims to equip caregivers with skills and techniques to respect the personality and capability of the person with dementia.

Self-care Tips from Fellow Travelers:

Vicki Bradley, PhD

On the caregiving journey we all want a tour guide. Though no one has all the answers, who better to get travel tips from than other travelers on the same journey? This session will provide a light-hearted group atmosphere for caregivers to share how to care for themselves physically, mentally, emotionally and spiritually.

Meaningful Interactions with Persons with Memory Loss:

Robyn Horn, MLCA

This session will explore meaningful tasks caregivers and persons with dementia can complete at any stage of the disease. It will offer purposeful activities like putting the groceries away together or working on a scrap book as a team. These interactions allow caregivers to focus on the strengths of their loved one.

Navigating Family Dynamics:

Cindy Hartman, RN, BSN; Ashley Montondon, LMSW and Connie Assiff, former caregiver

Family dynamics are sometimes difficult to navigate during the caregiving process. Participants will explore the issues surrounding family dynamics with a panel of caregivers and professionals.