

# SOLUTIONS FOR Family Caregivers Expo

**Area Agency on Aging 1-B**  
Advocacy • Action • Answers on Aging



**Saturday  
October 13, 2018  
9:00 a.m. to 2:00 p.m.**

**For family members and friends caring for an aging or disabled loved one.**

**Information and Resources. FREE Parking and Admission!**

 **SUBURBAN COLLECTION  
SHOWPLACE**

## **Suburban Collection Showplace**

46100 Grand River Ave.

Novi, MI 48374

Registration takes place at the door.

### *A day of help and support for family caregivers*

- ◆ Attend expert presentations *(see back for details)*
- ◆ Visit with over 100 exhibitors
- ◆ On-the-spot referrals to local programs and services
- ◆ FREE morning refreshments
- ◆ FREE respite care. *(Limited space. Register for FREE, onsite respite care at 800-852-7795.)*

Brought to you by the Area Agency on Aging 1-B and these generous sponsors:

#### **GOLD**



#### **SILVER**



**Caring for an aging parent or loved one? Join us October 13!**  
**For more information, call (800) 852-7795 or visit MichiganCaregiverExpo.com**

# 2018 Solutions for Family Caregivers Expo Presentation Schedule

## Choose from these topics:

**9:30 a.m. to 10:30 a.m.**

### How to Protect Your Assets From the Devastating Cost of Long-Term Care

Christopher J. Berry, VA-Accredited and Certified Elder Law Attorney  
*The Elder Care Firm*

Attorney Berry will share the legal steps needed to plan for the long-term care journey for yourself or a loved one, and discuss the six ways to pay for long-term care. Included will be how to plan for government assistance with Medicaid and Veterans Administration (VA) benefits.

### Caring for the Caregiver: Creating Personal Resilience

Jane Felczak, MSN, RN, CPPS, Principal Quality Consultant  
*Henry Ford Health System*

Resilience is the capacity to bounce back from stress, pressure and disruption. Resilience education helps develop the skills needed to manage the demands of caregiving and create an awareness of the need for personal well-being. This presentation will explore ways a caregiver can remain resilient in demanding situations, and includes realistic tools and tips to help caregivers develop their own personal resilience.

### Making the Most of Your Medicare Benefits

Chris Javor, Manager of Medicare and Individual Sales  
*Health Alliance Plan (HAP)*

Are you making the most out of your Medicare benefits? HAP's Medicare expert will help you learn the various ways to fully utilize your Medicare benefits. Chris will review Medicare/Medicaid, Medicare Advantage and Medigap plans to help you find the best plan for you.

### Senior Bullying: What Every Caregiver Should Know

Antonia Harbin-Lamb, JD, MBA, Program Manager  
*Great Lakes Legal Mediation Division (sister agency of Neighborhood Legal Services Michigan)*

Bullying isn't just a problem in middle school. It can pop up whenever people are living together in close proximity and can be a problem for older adults. Bullying can include physical or verbal abuse, property damage, or attempts to isolate someone or damage their reputation. Caregivers will learn about warning signs and steps to take to resolve issues and protect their loved one.

**11:00 a.m. to 12:00 p.m.**

### Long-Term Care: Resources, Programs and Options That Can Help

Emily DeMeester, LMSW, Clinical Manager  
*Area Agency on Aging 1-B*

Long-term care options can be confusing. Knowing where to turn for services to help a loved one remain at home is important to them and you. Emily will explore options available to caregivers like home-delivered meals, personal care, homemaking, support groups and more.

### Medicare Advantage or Medigap? What's the Right Fit?

Nichole Wingate, Channel Sales Representative  
*Blue Cross Blue Shield of Michigan*

Too often, Medicare beneficiaries and their caregivers let financial considerations drive their Medicare plan choice. Which plan has the lowest premium? How complicated is it to use? But Medicare Advantage and Medicare Supplemental plans differ in approach and coverage, with Medicare Advantage taking a more personal, holistic approach to health, and Medicare Supplemental taking a transactional approach to paying the healthcare bills. This session will educate you on some of the key differences between Medicare Advantage vs. Medicare Supplemental plans and what they can mean for the beneficiary's healthcare.

### If It Sounds Too Good to Be True: Protecting Loved Ones from Financial Exploitation

Tracie Dominique Boyd, JD, Managing Attorney  
*Lakeshore Legal Aid*

For caregivers, knowledge is power. Join us to learn how to identify the signs of potential financial exploitation and identity theft so that you can better protect the ones for whom you care and love.

### Integrative Therapies for Caregiver Stress

Michelle Crowder Davila, Naturopathic Doctor  
*Beaumont, Integrative Medicine*

Learn about the biology of stress, its impacts on various systems of the body, and how to recognize caregiver stress in yourself and others. Integrative therapies such as guided imagery, acupuncture, and clinical nutrition will be discussed and demonstrated.

**12:30 p.m. to 1:30 p.m.**

### Understanding and Responding to Dementia-Related Behaviors

Lauren A. Cetnar, BAA, CTRS, Education Program Coordinator  
*Alzheimer's Association—Greater Michigan Chapter*

Behavior is one of the primary ways for people with dementia to communicate their needs and feelings when language is lost. However, some behavior can be challenging to caregivers. Join us to learn how to decode behavioral messages, identify common triggers, and learn strategies to help understand and cope with some of the most common behavioral challenges of dementia-related diseases.

### Living Healthy to 100

Dr. Lisa Musolin, Medical Director  
*Humana*

Want to help your loved one live to 100 or beyond? Join Humana's Medical Director, Dr. Lisa Musolin, to hear about things centenarians have in common and tips to help your loved one live healthy and increase their chances of living their best life into the triple-digits.

### Tackling Transportation: How to Get Around When You Can No Longer Drive

LaVonna Howard, Mobility Specialist  
*Myride2 (a program of the Area Agency on Aging 1-B)*

Transportation can be one of the most challenging issues for both older adults and caregivers. LaVonna will talk through some transportation options and explore Myride2's free mobility options counseling service that can help seniors plan for their driving retirement. Public transportation, Uber, neighborhood transportation options and specialty services will be explored—along with some do's and don'ts and things to think about when finding transportation for an older loved one.

### Take a Break Before You Break

Breeda Miller, Caregiver Champion  
*Breeda Miller Speaking*

Breeda addresses the needs of those caring for both elderly, frail parents and children still at home. Using humor and a hysterically huge sandwich headpiece, Breeda makes the point that caregivers are the essential element in a successful sandwich generation. This lively session offers laughter and creative solutions to caregiving challenges. Breeda speaks to organizations across the country and has appeared on The Moth Story Hour on National Public Radio.

Morning refreshments compliments of SMART

Respite care provided by the Alzheimer's Association—Greater Michigan Chapter and Interfaith Volunteer Caregivers and generously sponsored by Beaumont, Visiting Angels and Relevar Home Care/Alivity Care Advocates.