

Are you caring for an aging or disabled parent, relative, neighbor or friend?

DON'T MISS THE 12TH ANNUAL

Solutions for Family Caregiver Expo

Saturday, October 15, 2011
 9:00 a.m. to 2:00 p.m.

LOCATION

Diamond Center at the Suburban Collection Showplace
(formerly the Rock Financial Showplace)

46100 Grand River Avenue (Between Novi & Beck Roads) • Novi

FREE Parking! FREE Admission!

- Expert presentations (see other side for detailed schedule)
- More than 100 exhibitors
- **“Ask The Resource Specialist”** for answers to questions on Medicare, Medicaid, and referrals to local services
- Get help identifying the best 2012 Medicare prescription drug coverage for you or your loved one. Call in advance to make an appointment with a counselor on-site at (800) 852-7795
- Free morning refreshments courtesy of Jim Schuster, Elder Law Attorney, and Mall Malisow & Cooney, PC
- Professional care for your loved one while you attend the Expo. Complimentary quality care provided by the Alzheimer’s Association and Macomb County Interfaith Volunteer Caregivers. (Respite reservation required. Call (800) 852-7795)
- Cash-and-carry afternoon snacks available
- Door prizes & giveaways!



For Details...

michigancaregiverexpo.com
 call (800) 852-7795
 or e-mail sjustice@aaa1b.com

Brought to you by the Area Agency on Aging 1-B and these Generous Sponsors:

Platinum Sponsor



Gold Sponsors



Silver Sponsors



2011 Solutions for Family Caregiver Expo

PRESENTATION SCHEDULE

Guests of the Solutions for Family Caregiver Expo have the opportunity to attend the following expert presentations throughout the day:

9:30 a.m. – 10:30 a.m.

“Becoming A Fearless Caregiver”

STEVEN BARG
COO AND PUBLISHER
Today's Caregiver

GREG BELLWARE
CHIEF MARKETING OFFICER
Fidelis SeniorCare

Steven and Greg will discuss tried and true ways for caregivers to succeed as respected members of their loved one's care team, utilizing tools such as journaling, respite, the Reverse Gift List and learning to create a personal family care team. They will also discuss the unique features of a special needs plan to help you understand if it might be an option for your loved one.

“Advocating for Quality Care for Your Loved Ones: A Legal Perspective”

SANFORD J. MALL, CELA, AND
ARTHUR L. MALISOW, CELA
Mall Malisow & Cooney, PC

Sandy and Art, nationally certified elder law attorneys, will discuss how effective eldercare and special needs legal planning can help assure maximum quality of life for your loved one while preserving and protecting precious financial resources. You will learn the tricks of navigating the long term care system including why it is essential to have good legal planning in place.

“Making Medicare Work for You”

KAREN WINTRINGHAM
VICE PRESIDENT, MEDICARE PROGRAMS
HAP Medicare Solutions

This session helps unravel the mysteries of Medicare, how different products work, and what changes are coming under Health Reform. The goal is to make you more comfortable making the choice that is right for you.

“Navigating Long Term Care Options”

BARBARA LAVERY
REGIONAL SUPERVISOR
Area Agency on Aging 1-B

Understanding where to turn to access the services your loved may need to live at home can be overwhelming. Barb will explore options available to caregivers and how to access services, such as respite care, home delivered meals, care management, personal care, homemaking, support groups, transportation, and more. She will also share details about the Nursing Facility Transition (NFT) program that successfully transitions individuals out of nursing facilities and back into their own living environment.

*Respite Care sponsored by
BrightStar Care,
Comfort Keepers,
DMC Huron Valley-Sinai Hospital,
and Hospice of Michigan.*

11:00 a.m. – 12:00 p.m.

“A Doctor's Perspective on Being Safe at Home”

CYNTHIA COHEN, M.D.
Henry Ford Visiting Physicians

Dr. Cohen will discuss safety for seniors inside the home from a medical perspective and with a physician's eye. She'll discuss common physical and environmental challenges seniors experience in their own homes and health implications related to medication safety and adherence. Dr. Cohen will provide caregivers and seniors with practical solutions and medical advice.

“Long Term Care: It's a Woman's Issue”

DR. MARION SOMERS, PHD
GERIATRIC CARE MANAGER, CAREGIVER,
AUTHOR AND SPEAKER

LISA WENDT
CAREGIVER AND PRESIDENT AND CEO
LifeSecure Insurance Company

Women, especially, bear the burden of long-term care for three reasons: women live longer than men, require care longer and often become primary caregivers. Yet most women lack knowledge about long-term care needs, costs and options. This session, presented by LTC education advocates Dr. Marion and Lisa Wendt, is designed to help women better understand the importance of long-term care planning, thereby providing a better quality of life for themselves.

“Medicaid 101: Qualifying, Applying and Receiving Medicaid Benefits”

DAVID SHALTZ, JD
Elder Law of Michigan Volunteer

Author, trainer, elder law attorney, and Michigan Medicaid expert David L. Shaltz, JD of Chalgian & Tripp, will cover key topics including: The rules governing who can qualify for Medicaid; Non-financial eligibility requirements for various Medicaid programs, including the MI Choice Home and Community Based Waiver, Medicare Savings and more; How assets and income are treated in the Medicaid program; and on-line resources.

“Community Respite Services for the Caregiver – What They Are and How They Can Help”

FRAN COOK, FAMILY LIFE COORDINATOR
DOROTHY & PETER BROWN JEWISH
COMMUNITY ADULT DAY CARE PROGRAM
Jewish Senior Life of Metropolitan Detroit

JOANN DEGRANDIS
RESPIRE VOLUNTEER COORDINATOR
Macomb County Interfaith Volunteer Caregivers

ANDREA LAYMAN
DIRECTOR OF NETWORK DEVELOPMENT
Area Agency on Aging 1-B

This panel of experts will provide an overview of respite services available in your community designed to provide caregivers with short-term relief from their responsibilities, such as Adult Day Services, In-Home Respite, Out-of-Home Respite, and Volunteer Respite programs. Learn details about each program, including locations, hours, costs, services, and the benefits for both the care recipient, as well as the caregiver.

12:30 p.m. - 1:30 p.m.

“Caregiving Survival”

JILL GAFNER
Caregiver and Author

Jill L. Gafner is author of “Personal Positioning for the Caregiver.” Jill's experience comes first hand as she cared for her husband who was diagnosed with double lung cancer, brain cancer, stroke, and dementia. Jill explains that before she could make a decent meal she was making life or death medical decisions that she was not qualified to make. Like so many others, “When the roof caved in it was overnight and there was no time to prepare.” With no support group to be found, Jill created a survival program. Jill's positive message has reached thousands through live seminars, news papers, television and private coaching. It's entertaining and real!

“Legal Tips for Caregivers”

JIM SCHUSTER, J.D.,
Certified Elder Law Attorney (CELA)

This lively Q&A session will cover legal information caregivers need to know. Back by popular demand, Jim Schuster will share his extensive knowledge on caregiver contracts, powers of attorney, wills and living trusts, Veterans Aid and Attendance benefit, Medicaid, asset protection, alternatives to nursing home care, and more. Learn how to be an empowered advocate!

“The Basics: Memory Loss, Dementia, and Alzheimer's Disease”

BARBARA RODEN
MEMBER OF THE ALZHEIMER'S ASSOCIATION
SPEAKER'S BUREAU
*Alzheimer's Association
Greater Michigan Chapter*

This presentation is designed to increase awareness and understanding of memory loss, dementia, and Alzheimer's disease. Learn about the difference between typical age-related brain changes and brain changes that could be warning signs of dementia. Gain a better understanding and learn about the risk factors of dementia, mild cognitive impairment, and Alzheimer's disease. Learn about the diagnostic process and medications, as well as programs and resources to help families and those living with dementia.

“Parkinson's Disease: What it is and Resources Available to Help Families”

DEBBY ORLOFF, RN, MPH
CEO
Parkinson's Foundation of Michigan

An educational session for people with Parkinson's Disease (PD) and their families to learn the basics about Parkinson's Disease and its management. Debby will discuss what PD is, provide guidance on how to cope with challenges associated with the disease, and how to utilize available resources from a family perspective.