1. Understand that self-care is not selfish.

Presentation: “Caregiver Self-Care”

Objective:
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.

3. Identify ways to coach caregivers through the process of developing an attitude of “creative indifference.”
4. Identify behaviors typical of “guilt trippers.”
5. Identify strategies that ease feelings of anger and guilt in caregivers.

Presentation: “Dealing with Depression & Grief”

Objectives:
1. List similarities and differences between reactive 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: “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.

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”
11:45 a.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: WIAGA (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)
1-888-3907 or Muscatine Community College, Attn: Registration,
306 West River Drive, Davenport, IA 52801. FAX:563-441-4053

Name: __________________________________________
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: _______________________

Participants must choose Registration Type:
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☐ #188819  XHECP-2051-SMB01  No CE: $50

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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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Western Illinois Area Agency on Aging
Aging & Disability Resource Center

39th Annual Conference

Thursday, September 14, 2017

Registration
8 – 9 a.m.

Program
9 a.m. – 3:30 p.m.

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

It is the policy of Eastern Iowa Community Colleges not to discriminate on the basis of race, color, national origin, sex, disability, age (employment), sexual orientation, gender identity, creed, religion, and actual or potential parental, family or marital status in its programs, activities, or employment practices as required by the Iowa Code §§ 216.6 and 216.9, Titles VI and VII of the Civil Rights Act of 1964 (42 U.S.C. §§ 2000d and 2000e), the Equal Pay Act of 1973 (29 U.S.C. § 206, et seq.) Title IX (Educational Amendments, 20 U.S.C. §§ 1681 – 1688), Section 504 (Rehabilitation Act of 1973, 29 U.S.C. § 794), and Title II of the Americans with Disabilities Act (42 U.S.C. § 12101, et seq.).

If you have questions or complaints related to compliance with the policy, please contact Debora J. Sullivan, Equity Coordinator, 306 W. River Drive, Davenport, Iowa 52801, 563/336-3487, dsullivan@eicc.edu or the Director of the Office for Civil Rights, U.S. Department of Education, Citigroup Center, 500 West Madison, Suite 1475, Chicago, IL 60661, phone number 312/730-1560, fax 312/730-1576.