You’re Promoted:
Caregiver to Care Manager
Families and caregivers often find themselves overwhelmed in the role of care-giving. Especially when a loved one is faced with Alzheimer’s or other forms of dementia. So when it is time to consider additional support or placing a loved one in a care home to meet their growing needs, the struggle to redefine the care-giving role can be difficult and emotional. This session will discuss the importance of understanding a family caregiver’s need for help and meaningful purpose in the role of care, how to redefine the role as the person with dementia faces the progression of the disease, and how to partner with various community resources and facility staff to manage increasing needs.

SPECIAL ACCOMMODATIONS:
Wichita State University is committed to making programs available to people with disabilities. If you wish to volunteer information regarding any special assistance you may need, please contact the Office of University Conferences at (316) 978-6493.

NOTICE OF NONDISCRIMINATION:
Wichita State University does not discriminate in its employment practices, educational programs or activities on the basis of age, color, disability, gender, gender expression, gender identity, genetic information, marital status, national origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or status as a veteran. Retaliation against an individual filing or cooperating in a complaint process is also prohibited. Sexual misconduct, relationship violence and stalking are forms of sex discrimination and are prohibited under Title IX of the Education Amendments Act of 1972. Complaints or concerns related to alleged discrimination may be directed to the Director of Equal Opportunity or the Title IX Coordinator, Wichita State University, 1845 Fairmount, Wichita KS 67208-0138; telephone (316) 978-3187.

KEYNOTE SPEAKER — 8:30 AM
Robert Miller, LMSW, CDP, Vice President of Company Development, ComfortCare Homes

You’re Promoted:
Caregiver to Care Manager

Tuesday, June 18, 2019
8:30am - 3:00pm
Doors Open at 8:00 am

Location:
Eugene M. Hughes
Metropolitan Complex
5015 East 29th St N.
Wichita, KS 67220

Contact Information: 316-978-6493

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KEYNOTE SPEAKER — 11:30 AM
Bonnie Bing,
The Wichita Eagle

Aging Gracefully, or At Least Giving It Your Best Shot
I’ll discuss the changes that come about with aging and how to take the high road.

Registration fee includes:
workshops, continental breakfast, boxed lunch from Jason’s Deli and vendor booths.
Register by June 14, 2019 to secure a lunch.

$15.00 per person ages 55+
$20.00 for students
$35 for Professionals
register at
www.wichita.edu/conferences/pad

For questions regarding registration, please contact the WSU Conference Office at 316-978-6493; or email: conference.office@wichita.edu
1.1 AAA Resources
Celia Easley, MS, Central Plains Area Agency on Aging, Local Aging & Caregiver Resources
Learn what the Central Plains Area Agency on Aging has to offer older adults and their caregivers. Other local resources will also be discussed.

1.2 Understanding and Responding to Dementia-Related Behavior
Denise Vann, Walk Manager / Outreach Specialist
Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer’s disease.

1.3 The Truth About Communicating with Adult Children
Katherine Ambrose
Are you prepared for the next evolution in your relationship with your adult children? Relationships evolve and change just like people, but navigating those changes aren’t always easy. Complex family dynamics, blended families, and changing social norms impact both the choices we make and how we communicate them.

2.1 10 Warning Signs of Alzheimer’s
Denise Vann, Walk Manager / Outreach Specialist
Alzheimer’s and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers: typical age-related changes, common warning signs of Alzheimer’s, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process.

2.2 Lines of Sight: A Low Vision Rehabilitation Model
Andrea Mies, Certified Occupational Therapy Assistant, Envision, Inc.
This will cover adaptations that can be made in everyday life and in the home for individuals with low vision.

2.3 Newtrition
Jane Byrnes, RD, College of Health Professions
Let’s sort out some truly exciting advances in nutrition knowledge from the truly nutty. A few awakenings in food and nutrition, including: What’s the big deal about blueberries? Why would we ever respect germs? Which is more nutritious, food or pills?

2.4 Estate Planning for All Seasons of Life
Michael C. Brown, Elder Law of Kansas, Attorney at Law
You will present information on Basic Estate Planning and the documents that you will need throughout the different stages of life. Your needs change depending on whether you are in your 20’s and 30’s, or 40’s and 50’s, or 60’s and throughout your retirement years. You also have different concerns if you are single, divorced or widowed.

3.1 Scams: What You Should Know
Niomi Burget, Public Affairs Coordinator, Office of Kansas Attorney General Derek Schmidt
General information about the common scams currently being used on consumers.

3.2 Effective Exercise Interventions for Active Aging
Michael E. Rogers, PhD, CSCS, FAAAJ, FACSM Professor, Department of Human Performance Studies, Wichita State University
This session will review the benefits of exercise and demonstrate specific flexibility, strength, and balance activities shown to improve overall health and function in older adults.

3.3 Decluttering Your Home
Sherri Flippo, Social Service Director for Meals on Wheels; Cherie Wenderoth-Shields
Inadequate nutrition and safety are two primary reasons many people move into nursing homes. Sherri will share information regarding eligibility criteria for seniors looking to receive Meals on Wheels services, what type of meals are served (including nutritional guidelines), and the tools used to screen for nutrition risk of the Meals on Wheels clients. Reaching “retirement age” doesn’t always mean retirement! As Americans live longer and participate in the interests they have always enjoyed, our concept of retirement has changed. Cherie will share information about the program including information on how jobs are received, what happens during job development with a client, the programs application, orientation, and job club elements.

3.4 The Truth About Downsizing and Decluttering Your Home
Katherine Ambrose, Empowered Senior Series
Did you know that physical clutter can also cause psychological clutter? Psychological clutter is known to create depression, anxiety, and even physical illness and disease. I’ll discuss how to manage or liquidate clutter. I’ll also discuss what steps can be taken to simplify the downsizing process and the emotional toll that comes with it.

4.1 Home Your Own Way
Michael Steinberg, MS, PHR, Chief Executive Officer and Owner, Home Instead Senior Care
It’s a question many of us begin to ask ourselves as we grow older: Should I stay in my longtime home or choose another place in which to age? This presentation will help you make a plan to start the conversation about where a senior loved one or you would like to age, discover home pitfalls that could jeopardize someone’s safety and independence, identify the remodeling and design changes that could help an individual age in place, and recognize the technologies and services that can assist someone at home.

4.2 Looking Great At Any Age
Bonnie Bing, The Wichita Eagle
This session will provide tips on how to stay current with fashion. In addition, I’ll discuss how-to dressy trendy, but in an age appropriate way.