

Workshops

Sessions I : 11:15AM-12:30PM



Elder Care Law

Facilitated by Dalanda Coleman, Esquire, Sacramento, CA

This discussion will cover Durable Power of Attorney for health care and finances, Medical Directives, basic estate planning, probate versus will or trust. Also included will also be a brief discussion on conservatorship, Medi-Cal planning for long-term care and Caregiver Negligence in Nursing Homes.



Caregiving 101 for Men by Men,

Facilitated by Allen Isaacs & Art Gomez

While 60% of all Caregivers are woman, an increasing number of men are caring for spouses, parents, children or other loved ones. This workshop explores the challenges, fear, frustration and support for men.



Reduce Stress by Organizing Your Life

Facilitated by Holly Hitchcock Graff, Certified Professional Organizer

Learn how to improve and implement your own organizing skills and become free to deal with important aspects of your life.



Reduce, Prevent or Delay Alzheimer's by Maintaining Your Brain

Facilitated by Mary Gillon, Northern CA Alzheimer's Association

Sessions II: 2:00AM-3:30PM

A Caregiver's Journey

Facilitated by Robie Kopp, Hospice, San Joaquin

Caregiving has a beginning and an end. The heartache, the fear and traumatic emotions; the peace and comfort; the transition are a part of the journey. This candid discussion takes your pulse to help you cope better.

Training: Mediating Family Issues to Reduce Stress and Anger
Learn how to resolve disputes and conflict resolution.

Facilitated by Harold Basler, Mediator & Trainer



Establish Better Relations with Medical Professionals to Insure Better Care for those with Special Needs

*Facilitated by Michelle Sasser,
Skills Trainer for Persons with Disabilities
United Cerebral Palsy*



Bridging the Communications Gap Between Caregivers and Those Cared For. How Do You Keep the Line of Communication Flowing?

*Facilitated by Danny Nuss, Services Coordinator for Students with Disabilities,
University of the Pacific.*