

# THURSDAY, OCTOBER 26, 2017

## WORKSHOP DESCRIPTIONS

### WORKSHOP 1 (choose one)

#### CAREGIVING FOR CHILDREN WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES

Children with intellectual and developmental disabilities present unique parenting challenges that may be stressful to caregivers, but may also bring out positive feelings such as empathy, gratitude and increased sense of purpose and priorities. Research shows that parents of children with developmental disabilities experience higher levels of chronic stress, anxiety and depression than parents of children without disabilities. Seeking support for yourself as a parent or caregiver can help maximize your own strength, capability and capacity for caring for your child with a disability.

#### EVIDENCE-BASED SUPERVISION TACTICS FOR SUCCESS

A must-attend session for RCI program supervisors and others wanting to bring an evidence-based caregiver support program to their agency, this session will highlight the tenets of evidence-based implementation. Effective supervision ensures program fidelity and positive outcomes for caregivers. Program coaches need ongoing coaching and support to maintain their commitment and satisfaction with service delivery. Learn methods that will improve your program's effectiveness.

### WORKSHOP 2 (choose one)

#### KEEPING YOURSELF SAFE: TIPS FOR CAREGIVERS DEALING WITH DIFFICULT BEHAVIORS

Caregivers are often taught the importance of ensuring the safety of those for whom they care. However, those caring for individuals with difficult and/or volatile behaviors, whether from Alzheimer's disease, traumatic brain injury, post-traumatic stress or any other illness or disability, may be at an increased risk of violence themselves. By learning the signs and subtleties of emotional and physical abuse, caregivers can make informed decisions to provide for the safety of themselves and others in the home, including the person for whom they are caring.

#### LEGAL ISSUES IN CAREGIVING

Whether you are caring for a disabled child or adult, someone with a chronic illness or disease, or an individual with a mental health and/or substance abuse issue, you are likely to encounter legal issues at some point. Although laws differ from state to state, there are proactive approaches to handling long-term care planning. Caregivers need to understand their options in regards to financial planning, advance directives, living trusts and wills so that difficult decisions can be addressed early in the caregiving journey.

### WORKSHOP 3 (choose one)

#### THE FAITH COMMUNITY'S RESPONSE TO CAREGIVERS

How do the practices of your faith affect your decision-making in caregiving? Whether you are caring for someone with a developmental or physical disability, chronic illness, Alzheimer's disease, substance abuse or mental illness, your personal spiritual beliefs influence your decisions and actions. Sensitivity and understanding of differences in culture and religious beliefs is critical to ensuring the emotional well-being of those who are providing care, as well as those who receive that care. This workshop seeks to have you gain an appreciation for how those of differing beliefs can work cooperatively to ensure quality care across the lifespan.

#### SUPER CHARGING YOUR IMPACT: GETTING YOUR MESSAGE THROUGH THE NOISE

You know you have an important message to share, but you just can't seem to cut through the clutter. Information is abundant, and people increasingly rely on their own networks for trustworthy information—making it even harder to get in front of the right people with the right message. With the overwhelming amount of information out there, combined with the shift in how people receive their information, how can we hope to make a difference unless we find ways to reach them? This session will offer new ideas for ensuring your communication and messaging are the most effective they can be.

### WORKSHOP 4

#### HONORING THE MISSION: HELPING FAMILY CAREGIVERS FIND GRATITUDE AND MEANING

While caring for loved ones is often portrayed as a physical, psychological, and financial burden, there's a growing body of research suggesting that caregivers can derive important benefits from their vital work, including an enhanced sense of purpose, personal and spiritual growth, and even improved health. In this workshop by the co-authors of AARP Meditations for Caregivers (2016), you will learn ways of clarifying and reinforcing the positive meanings which often underlie caregivers' choices to provide care. Topics will include the "Honoring the Mission" intervention, prospective retrospection, and revisiting past victimization. Transcripts from caregiver dialogues will be used to illustrate techniques, and implications for caregiver support programs will be explored.

*\* Subject to change*