

How to Register

Fill out Conference Registration

Name _____

Home Address _____

City _____ State ____ Zip _____

Phone number _____

Email _____

If you work for a company that provides care, please complete:

Agency _____

Address _____

City _____ State ____ Zip _____

Choose one:

\$20 Family Caregiver Conference Fee
(for family caregivers, NAC, NAR, & students)

\$50 Professional Conference Fee

Special accommodations requested.

I require: _____

Make check out to ESP and mail with registration to:

Elder Service Providers
c/o Bookkeeping Solutions NW
ESP - Events
1897 Front St #201, Lynden WA 98264

REGISTRATION DEADLINE: FEB 28TH

FEE INCLUDES

- Full Buffet Breakfast
- Gourmet Lunch
- Opportunity to listen and interact with experts on relevant topics
- Opportunity to view local senior-related resources and products

This event is sponsored and coordinated by Elder Service Providers, a non-profit organization. Elder Service Providers is a consortium of professionals who provide services to seniors. Its purpose is to provide information and educational opportunities for consumers and professionals and to foster a seamless continuum of care throughout the region.

Special thanks to our Major Sponsor:

St. Luke's
FOUNDATION

The Conference will be held at:
St. Luke's Community Health Education Center
3333 Squalicum Parkway, Bellingham WA

DIRECTIONS

From I-5, take Exit 255 and head west on Sunset Drive, following signs to the hospital. At the corner of Squalicum Parkway and Ellis Street, turn right. The St. Luke's Community Health Education Center is located at the far end of the street on the left-hand side at 3333 Squalicum Parkway.

For more information
about the conference,
call (360) 715-6563
or visit our website
www.elderserviceproviders.org

16th Annual Caregiver Conference
Presented by
ELDER SERVICE PROVIDERS

Caring for Others?

Caring for Yourself

Saturday
March 12th
2011


Keynote Speaker
Wendy Lustbader
well-known author of
Life Gets Better



The Caregiver Conference is held once a year to help caregivers rejuvenate, learn how to take care of themselves and be prepared to get back to the daily task of caring for a loved one or someone in need of care. The conference offers up-to-date information and gives caregivers an opportunity to network with one another.

The conference is for:

- Family caregivers
- Professional caregivers
- Anyone working with seniors or disabled persons



Are You A Caregiver?

If you check one or more of the statements below, you are a caregiver.

- I help manage someone's medications.
- I provide unpaid assistance to a spouse, relative, or friend who is ill, disabled, or needs help with basic activities of daily living.
- I provide help with rides to the doctor and shopping.
- I provide meals, bill paying, housekeeping and arrange services to be provided by others.
- I help someone with bathing, grooming, dressing, walking or transferring to a wheelchair.
- I provide supportive care such as delivering meals, giving rides, calling or stopping in to check on someone.
- I feel concern that someone I know isn't taking care of him or herself.

Whether you are just starting out in a caregiving role or continuing to care for an older person whose needs are increasing; you first need to care for yourself. This conference will offer you tips and tools for preserving your physical and emotional health, help you access community support, and help you meet other caregivers to discuss how to best care for your loved one.



Expert Speakers

Joel Bergsbaken is the Program Coordinator for the North Sound Office of the Hearing Speech and Deafness Center, with over 22 years experience working with people who are deaf, hard of hearing and deaf-blind. He has worked in schools for the deaf, residential settings, rehabilitation counseling for the deaf and hard of hearing, and as an advocate.

Julie Clarke holds a BA in Home Economics from Western Washington University and is a member of NAPO. She owns and operates Organized at Last, with over 20 years of experience in the field of professional organizing. Julie teaches on a variety of topics related to organization, and as a speaker, shares her expertise and passion for changing lives through orderly lives.

Mary Gould has over 13 years experience in the field of dementia and over 9 years experience as an assisted living administrator. She is an Eden Associate, a Nationally Certified Activity Professional, and a certified hospice volunteer. She takes a creative approach to teaching caregivers activities for their loved ones.

Maureen Kane is the Supervisor of Northwest Regional Council's Senior Information and Assistance, Residence Service Coordinator Program, and Family Caregiver Support Programs. She is also a Planner for Whatcom, Skagit, Island, and San Juan County Senior Services with a focus on Senior I&A and Volunteer Chore programs.

Stacie Owen, MSW, RCW, has been providing educational seminars on disability topics for over 20 years. At age 10, Stacie became permanently disabled due to a spinal cord tumor. She combines her personal experiences with her training in the field of social work, to give a glimpse of what life is like for people with disabilities.

Anita Rodriguez has certificates in oral health care for geriatrics, for people with special needs, and in business administration, providing services in many residential settings. Her mission is to make preventive dental care convenient and affordable, and contribute to the overall well-being of all her patients.

Shelly Zylstra, Ph.D. is the Director of Planning for Northwest Regional Council. Her tremendous heart and energy make her a popular speaker throughout the country. Shelly is committed to encouraging access, innovation and excellence in health and human services.



Wendy Lustbader, MSW, is a Clinical Instructor at the University of Washington School of Social Work in Seattle. She is the author of three nonfiction books that earned her a national reputation in the field of aging, and her newest book, *Life Gets Better*, will be out in the fall of 2011. As a popular speaker, she uses storytelling to animate complex

subjects. A skilled psychotherapist, she works with people from all walks of life at a community clinic in Seattle. Wendy passionately brings a social worker's live experience to her writing, teaching, and service to older people.

Saturday, March 12th, Conference Agenda		
7:30 - 8:30	Check in, Registration & Hot Breakfast Buffet in Alcove Seating in Room A	
8:30 - 9:00	Welcome by Lori Nichols	
9:00 - 10:00	KEYNOTE SPEAKER	
	Wendy Lustbader Building a Healing Relationship, The Benefits of Living Well	
10:00 - 10:30	Over 30 Premier Service Provider Exhibits will be displayed in Rooms E & F offering valuable information & giveaways	
10:30 - 11:30	1ST BREAKOUT	
	Room A	Room C
	Nurturing Needs of Loved Ones Wendy Lustbader	How to Keep Your Home Safe Maureen Kane
		Self-care for the Caregiver Shelly Zystra
11:30 - 12:30	LUNCH & EXHIBITS	
12:30 - 1:45	2ND BREAKOUT	
	Roundtable Discussion Room A The Patient Perspective - Stacie Owen Tell Me Again Please - Joel Bergsbaken Keeping up that Smile - Anita Rodriguez Counting on Kindness - Wendy Lustbader	
1:45 - 2:00	SNACKS & EXHIBITS	
2:00 - 2:55	3RD BREAKOUT	
	Room A	Room C
	Prescription for Caregivers: Take Care of Yourself Wendy Lustbader	Organize & Transform Your Life Julie Clarke
		Activities for those with Memory Loss Mary Gould
3:00 - 3:15	WRAP-UP & DOOR PRIZES IN ROOM A	