



Institute of Gerontology  
Promoting Successful Aging in Detroit and Beyond

## Free On-line Conference for Family Caregivers

### Saturday, Oct. 16, 2021 9:30 am -12:30 pm



**Keynote 9:40 -10:20 am**  
Theresa Harvath  
PhD, RN, FAAN, FGSA  
University of California, Davis

### *I Feel Invisible: Bringing Light to the Caregiver Experience*

What is the proper role of a family caregiver in a medical setting? Caregivers can seem invisible to healthcare providers. They aren't the patient and they aren't medical professionals, but they often know a lot about the patient's health and are essential partners in any treatment plan. Caregivers can find themselves trying to protect their loved one against medical advice that could interfere with autonomy, quality of life, or expressed preferences. Dr. Harvath can teach you how to become visible to the healthcare team.



**Shawn Bennis, MSN, RN, and Veronica Bilicki, RN,**  
Henry Ford CARE Specialists

**10:20-11:00 am**

### *Life Planning for Caregivers*

We plan vacations. We plan for emergencies. We plan our wills and estate. But we rarely if ever plan to be a caregiver, so we don't know where to begin planning for the care to be provided. Henry Ford CARE Specialists will guide you through the key situations to plan for as you give care. Think through housing needs, medical requirements, collaborating with family members, finances, transportation, respite care and more. Careful planning will take the stress and uncertainty out of your caregiving future.



**Paula Duren, PhD**  
Universal Dementia Caregivers

**11:05-11:45 am**

### *Loving on Empty: Honoring the Caregiver in You*

Sometimes it's hard for us to accept we have become a caregiver. We've had many roles –daughter, son, mother, uncle, employee, but probably never gave much thought to caregiving. Caregiving is unlike anything else you will ever do. Understanding how to accept and embrace this new role will help you travel from "lost" to "empowered." By honoring the caregiver inside you, you can better meet the needs of those you serve while preserving your own health and peace of mind.



**Anjanette Davenport Hatter**  
Your Good Village Collective

**11:45-12:10 am**

### *Simple Self-Care Strategies and Exercises*

You've heard it a thousand times, "You have to take care of yourself to take care of others." But how? No two days are the same and every day is packed with too much to do. This session focuses on sensible, realistic approaches to self-care to help you build resilience to stress. Learn how to fit care into smaller segments when you're on-the-go or enjoy a longer session of stress relievers when time allows.



**Roger Young**  
Family Caregiver

**12:10-12:30 pm**

### *And the Journey Continues . . .*

Roger Young cared for his mother at home for many years. He was resourceful in finding cost-effective ways to adapt the home environment to his mother's needs. Caregiving taught him many life lessons and brought him closer to his mother and to all those who care for someone they love. Roger's story will inspire and invigorate you.

**Register at <https://bit.ly/2UHWz7F>**

### **Questions?**

Contact Donna at:  
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248-719-0640



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