

Free Seminars for Family Caregivers



SPRING 2011 SERIES

MARCH - MAY

Fairfax Caregiver Seminar Consortium presents its Spring 2011 Series which is designed to help family caregivers of older adults and/or adults with a disability manage the day-to-day issues that caregiving presents. To register or to request reasonable ADA accommodations, please visit www.fairfaxcounty.gov/DFS/OlderAdultServices, or call 703-324-5205, TTY 711.

Please allow seven business days for accommodation requests. ♿

For information on how to reach these locations using public transportation, visit www.fairfaxconnector.com, 703-339-7200, TTY 703-339-1608; or www.wmata.com, 202-637-7000, TTY 202-638-3780.

Side 1

Weather policy: If Fairfax County schools are closed on the day of your seminar, that seminar will be cancelled.

Caregiving 102

As a family caregiver, how do you know when to help, how to help and who can help? Concerns about safety, nutrition, health and a person's ability to manage on their own can be overwhelming. Learn strategies to help you manage your important caregiver role whether you are the local caregiver or managing long distance.

Speaker: Cathy Cole, Director, *ElderLink, Options for Caregiving*

Date/Time: Tuesday, March 29 7 - 9 p.m.

Location: Richard Byrd Library, 7250 Commerce St., Springfield, VA 22150 For directions: 703-451-8055

Understanding Medicare, Medigap, and Medicare Part D

Learn the facts about health insurance for seniors.

Speaker: Howard Houghton, *Virginia Insurance Counseling and Assistance Program, Fairfax Area Agency on Aging*

Date/Time: Thursday, March 31 1 - 3 p.m.

Location: Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA 22306 For directions: 703-765-3645

Financial Issues for Caregivers

Professional long-term care is expensive and can deplete assets quickly. Get in-depth information on how to maximize your resources, stretch financial assets and avoid common money mistakes that caregivers make.

Speaker: Tom West, CLU, ChFC, Financial Advisor, *Thomas West Financial Services*

Date/Time: Tuesday, April 5 7 - 9 p.m.

Location: The Lewinsville, 1515 Great Falls St., McLean, VA 22101 For directions: 703-442-8660

Park behind The Lewinsville at the Presbyterian church:
1724 Chain Bridge Road, McLean, VA 22101

Understanding the Challenges of Alzheimer's Disease

Gain insight into the world of Alzheimer's disease. Learn strategies to enhance communication and minimize behavior challenges.

Speaker: Sue Stone, Outreach Coordinator, *Alzheimer's Family Day Center*

Please note: this seminar is being offered at two different times and locations so you can choose the one that best fits your schedule.

Date/Time: Thursday, March 31 1 - 3 p.m.

Location: Reston Regional Library, 11925 Bowman Towne Drive, Reston, VA 20190 For directions: 703-689-2700

Date/Time: Tuesday, April 12 7 - 9 p.m.

Location: Alzheimer's Family Day Center, 2812 Old Lee Highway, Fairfax, VA, 22031. For directions: 703-204-4664

There will be time after each seminar to meet other caregivers and talk with the speakers.

ADDITIONAL SEMINARS LISTED ON OTHER SIDE

Navigating the Medicaid Maze:

Waivers, Eligibility and Documentation

Many family caregivers assume their loved ones will never meet the financial eligibility requirements for Medicaid. However, the costs of long-term care can quickly drain even a substantial savings account. At this seminar, you will learn about Medicaid's eligibility criteria, screening process, required documentation, and how to access Medicaid to help fund home-based and nursing home care.

Speakers: Nora Torres, Long Term Care Benefits Supervisor, *Self Sufficiency*, and Zondra Anderson, MSW, Supervisor, *Adult Services, Department of Family Services*

Date/Time: Thursday, April 7 11 a.m. - 1 p.m.

Location: Falls Church Community Center, 223 Little Falls St., Falls Church, VA 22046 For directions: 703-248-5077

This program is made possible by the Fairfax Family Caregiver Support Program and its consortium members with funding from the National Family Caregiver Support Program.

Consortium members: Fairfax County Departments: Family Services' Area Agency on Aging, Neighborhood and Community Services, Health Department, Library; Fairfax Area Long Term Care Coordinating Council, AARP Virginia, Alzheimer's Association, Alzheimer's Family Day Center, ElderLink, Shepherd's Center of Oakton-Vienna, Thomas West Financial Services
February 2011


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Side 2

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Strategies for Difficult Conversations

Conversations about sensitive issues such as driving, accepting help in the home, or moving to a safer environment are often difficult. This seminar will help you to prepare, to show respect for your loved one's sensitivities, and have "adult to adult" discussions where you can successfully communicate your concerns.

Speakers: Sue Stone, Outreach Coordinator, *Alzheimer's Family Day Center*; Cathy Cole, Director, *ElderLink, Options for Caregiving*

Date/Time: Wednesday, April 27 7 - 9 p.m.

Location: Chantilly Regional Library, 4000 Stringfellow Rd., Chantilly, VA 20151 For directions: 703-502-3883

Strategies for Managing the Stress of Caregiving

Don't neglect your own physical, mental, and emotional well-being. Learn strategies to manage caregiver anxiety, exhaustion, anger, depression and guilt, as well as tips for cultivating humor during your caregiving journey.

Speaker: Norine Swaminatha, Program Manager, *Alzheimer's Association, National Capital Area*

Date/Time: Tuesday, May 3 7 - 9 p.m.

Location: George Mason Regional Library, 7001 Little River Turnpike, Annandale, VA 22003 For directions: 703-256-3800

Legal Tools for Caregivers

As a family caregiver you may need to make legal and health care decisions for a loved one. Learn about legal tools that can help you ensure your loved one's wishes are carried out. Topics include durable power of attorney, trusts, guardianship, and advanced medical directives.

Speaker: Betsy Sue Scott, Esq., *Law Office of Betsy Sue Scott*

Date/Time: Tuesday, May 10 7 - 9 p.m.

Location: Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria, VA 22306 For directions: 703-765-3645

Making Life Easier: Gadgets, Gizmos and Home Modifications

Learn about home modifications and inexpensive devices that can help your loved one maintain independence.

Speaker: Matthew Barkley, Director, *Disability Services Planning & Development, Fairfax County Department of Family Services*

Date/Time: Wednesday, May 4 7 - 9 p.m.

Location: Vinson Hall, 6251 Old Dominion Drive, McLean, VA 22101 For directions: 703-256-3800

ADDITIONAL SEMINARS LISTED ON OTHER SIDE

Telephone Support Groups for Family Caregivers of Older Adults!

Have you ever wanted to attend a support group, but couldn't? This group may be just what you need! Join in to get information, share your experience, and gain emotional support from others without having to travel.

In English: Held on the 2nd Tuesday of each month, 7 - 8 p.m.

In Korean: Please see Web site below for schedule

For more information and to register: www.fairfaxcounty.gov/DFS/OlderAdultServices, select the *Caregiver Support and Respite* link, or call 703-324-5484, TTY 711.



Sponsored by the Adult and Aging Services/Fairfax Area Agency on Aging
Fairfax Family Caregiver Support Program



For additional caregiver information...

Fairfax County Department of Family Services'
Area Agency on Aging
703-324-7948, TTY 711 or visit the Web site:
www.fairfaxcounty.gov/DFS/OlderAdultServices

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