

SOLUTIONS^{FOR} Family Caregivers Expo

Area
Agency on
Aging 1-B
Advocacy • Action • Answers on Aging

Saturday
October 17, 2015
9:00 a.m. to 2:00 p.m.

For family members
and friends concerned
about an aging or
disabled loved one.

**SUBURBAN COLLECTION
SHOWPLACE**

Suburban Collection Showplace

46100 Grand River Ave.
(one mile west of Novi Road)
Novi, Michigan

FREE Parking and Admission

Pre-registration not required.
Registration takes place at the door.

- ♦ Educational Seminars
(See other side for details)
- ♦ More than 100 exhibitors
- ♦ "Ask The Resource Specialist"
questions on Medicare, Medicaid
and referrals to local services
- ♦ Professional care for your loved
one while you attend the Expo.
(Reservation required for complimentary,
onsite respite care. Call 800-852-7795.)
- ♦ Free morning refreshments
compliments of Elder Law Attorney
Jim Schuster, Evangelical Homes
of Michigan, SMART and Trinity
Senior Living Communities
- ♦ Cash & Carry afternoon snacks
available
- ♦ Great prizes and giveaways!

Brought to you by the Area Agency on Aging 1-B and these generous sponsors:

TITANIUM



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SILVER



For More Details Visit...

www.michigancaregiverexpo.com

Call 800-852-7795 or e-mail kyanik@aaa1b.com

2015 Solutions for Family Caregivers Expo Presentation Schedule

Plan to attend your choice of the following expert presentations:

9:30 a.m. to 10:30 a.m.

“Does Your Medicare Plan Need a Checkup? Make Sure You’re Asking the Right Questions”

Michael Jakubic, Director of Medicare Operations and Sales

Health Alliance Plan (HAP)

Is it time to give your Medicare plan a checkup? When is it better to leave it alone? HAP's Medicare experts show you how to ask the right questions to find the plan types – including Medicare Advantage and prescription drug coverage – that best fit your needs and lifestyle. This session is for anyone who is Medicare eligible now or will be soon, those caring for an older adult, or those who serve the senior population.

“Keeping the Keys”

Gary Bubar, Public Affairs Specialist

AAA – The Auto Club Group

Dedicated to helping seniors continue to drive as long and as safely as possible, this presentation by AAA – The Auto Club Group is designed to help seniors and caregivers recognize the changes that aging brings, how those changes affect driving, and how to adjust.

“Protect Your Loved Ones From the Devastating Effect of Long-term Care Costs – Medicaid and VA Benefits Explained”

Christopher J. Berry, Certified Elder Law Attorney (CELA)
The Elder Care Firm

VA-accredited Certified Elder Law Attorney Christopher Berry will explain the different paths to paying for long-term care costs, with a focus on Medicaid and VA benefits. Both governmental programs can be complicated and confusing. He will provide nuts and bolts guidance on both, including the latest legal developments.

“Five Amazing Technology Solutions for Caregivers”

Jim McGuire, Director of Research, Policy Development and Advocacy

Area Agency on Aging 1-B

Advances in technologies are providing caregivers with innovative ways to address common concerns like coordinating care of a loved one, finding legal and financial guidance, respite, community resources, and stress management. This workshop profiles five leading technologies, including software, apps, online resources and devices that a recent Area Agency on Aging 1-B study found will help caregivers the most.

11:00 a.m. to 12:00 p.m.

“Caregiver Burnout: Fact or Fiction?”

Diane Edwards, RN, Health Promotion Coordinator
Health Alliance Plan (HAP)

Are you at greater risk for health issues while caring for someone else? Hear from a HAP expert on how to take care of yourself during one of the most difficult stages of life and how to spot the warning signs and understand the consequences of burnout. Diane's tips and thought-provoking strategies will help you learn to take care of yourself and be an even greater asset to those who count on you most.

“Where to Turn for Help”

Shavon Walton, LMSW, MM, Clinical Manager
Area Agency on Aging 1-B

Garry Cole, Vice President of Sales and Marketing

SameAddress (A program of the Area Agency on Aging 1-B)

Navigating the maze of long-term care options and understanding where to turn for services to help a loved one remain at home can be overwhelming. Shavon will explore options available to caregivers and how to access services, such as respite care, home delivered meals, care management, personal care, homemaking, support groups, transportation, and more. Garry will share an innovative senior concierge service available to you and your loved one at the touch of a button.

“Medicare Advantage vs. Medicare Supplemental: Philosophical Differences that Impact Coverage”

Rose Cook, Sales Consultant

Blue Cross Blue Shield of Michigan

Too often, Medicare beneficiaries and their caregivers let financial considerations drive their Medicare plan choice. Which plan has the lowest premium? How complicated is it to use? But Medicare Advantage and Medicare Supplemental plans have profound differences in philosophy. Rose will explain those key differences and how they can impact the beneficiary's health care.

“Relationship Matter\$: How to Protect Your Loved One’s Financial Best Interests when Dealing with Investment Professionals”

Mark B. Robinson, Investor Advocate and Co-Founder
LifeGuide 360

Leap-of-faith decisions and blind trust can have a disastrous impact on a person's financial wellbeing. Mark will share a system of easy-to-use guides and checklists to help you spot questionable investment professionals and practices and avoid extreme risks to your loved one's money. No government agency, regulatory body, investor protection organization, advocacy group or educational program provides this.

12:30 p.m. to 1:30 p.m.

“Managing Challenging Behaviors in Dementia”

Kate Pierce, Care Counselor and Social Worker
Alzheimer's Association – Greater Michigan Chapter

Kate will briefly discuss the difference between dementia and Alzheimer's. She will explain how behaviors are a form of communication and how caregivers can evaluate them to determine unmet needs. She will also identify common reasons challenging behavior may occur and provide strategies to effectively respond to and prevent common behaviors.

“Medicare.gov – Using Online Tools to Manage Your Medicare”

Jennifer Therrien, Medicare Medicaid Assistance Program (MMAP) Manager

Area Agency on Aging 1-B

Medicare.gov, the official U.S. government website for Medicare, offers a plan finder tool to help beneficiaries compare their Medicare Part D drug plan options, advantage plan options and more. In this session, you will learn how to utilize this website to make informed Medicare benefit decisions from a MMAP-certified counselor just in time for open enrollment.

“Legal Tips for Caregivers”

Jim Schuster, J.D. - Certified Elder Law Attorney (CELA)

Jim will share his extensive knowledge on caregiver contracts, powers of attorney, wills and living trusts, Veterans Aid and Attendance benefit, Medicaid, asset protection, alternatives to nursing home care, and more. Learn the legal information caregivers need to know in order to be an empowered advocate for the person you care for!

“Making the Transition from the Hospital Back Home”

Lynn Breuer, MSW

24/7 Team Leader and Marketing Manager
ElderCare Solutions of Michigan, a Division of Jewish Family Services of Metropolitan Detroit

There is a lot to think about when a loved one is getting ready to leave the hospital. What questions do families need to ask? What services and supports will they need to transition back home safely? Lynn will share her experience as a geriatric care manager and social worker who has helped families make the transition smoothly and safely.

Would you like to get news and information on caregiving from the Area Agency on Aging 1-B? Text CARE to 33733 to join our caregiver e-mail list.

Respite Care at the Expo

Are you concerned about leaving the one you care for alone while you attend the expo? Call in advance to reserve a place for your loved one in Respite Care at the Expo, a free service provided onsite by the Alzheimer's Association – Greater Michigan Chapter and Interfaith Volunteer Caregivers. Sponsored by DMC Huron Valley-Sinai Hospital, Personal Touch Home Health Care Services, Inc., Priority Health, Visiting Angels and Waltonwood Senior Living. Call **800-852-7795** for more information.