



2016 Solutions for Family Caregivers Presentation Schedule

Guests of the Caregiver Expo have the opportunity to attend their choice of expert presentations offered throughout the day. There will be three presentation slots—9:30 to 10:30 a.m., 11 a.m. to noon and 12:30 to 1:30—each offering four informative presentations from which to choose:

9:30 to 10:30 a.m.

Senior Safe Driving

Sue Falletich, Manager

Michigan Driver Training Programs

AAA Michigan

This program will focus on safe driving tips for seniors.

Sue will give a refresher on driving defensively and provide tips and techniques on new technology, both inside the vehicle and out, including roundabouts, new traffic signals, and more. Planning for driving retirement for yourself or a loved one will also be covered.

Make the Most of Your Medicare Benefits

Michael Jakubic, Director of Medicare Sales

Health Alliance Plan (HAP)

Are you making the most out of your Medicare benefits? HAP's Medicare expert will help you learn the various ways to fully utilize your Medicare benefits. We will take a look at Medicare/Medicaid, Medicare Advantage and Medigap plans to find the best fit for your needs and lifestyle.

How to Protect Your Assets from the Devastating Cost of Long-Term Care

Christopher J. Berry, VA-Accredited

Certified Elder Law Attorney

The Elder Care Firm

Attorney Berry will share the legal steps needed to plan for the long-term care journey for yourself or a loved one, and discuss the six ways to pay for long-term care. Included will be how to plan for governmental assistance with Medicaid and the Veterans Administration (VA) Benefit.

Caregiver Burnout: Fact or Fiction?

Diane Edwards, RN

Are you at greater risk for health issues while caring for someone else? Hear from an 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.



11 a.m. to Noon

Finding Quality In-Home Care

Heather McPherson, Operations Manager

Personal Touch Home Health Care Services, Inc.

Hiring a home care company can be a huge help for many family caregivers. In-home care can be a key element in making sure seniors can stay living as safely, comfortably and independently as possible. Heather will help you understand the services available through home care companies, at what point you should hire a home care company, the questions you should ask before hiring and how to establish a great working relationship.

Navigating the Maze of Long-Term Care: Resources, Programs and Options That Can Help

Marie Baloga, MSN/MSA,

Chief of Clinical Operations, Area Agency on Aging 1-B

Garry Cole, Vice President of Sales and Marketing

SameAddress

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. Marie will explore options available to caregivers and how to access services such as 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 or Medigap? What's the Right Fit?

Rosemarie Cook, Medicare 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? Medicare Advantage and Medicare Supplemental plans differ in approach and coverage. Rose will help you understand the key differences and what they can mean for the beneficiary's healthcare.

Prescription Drugs and Older Adults: What Caregivers Should Know

About Safe Use, Misuse and Overprescribing

Jeff Jay, Clinical Interventionist and

Best-Selling Author, "Love First"

Robert Lagrou, DO, Medical Director

Inpatient Psychiatry, Henry Ford Health System

Hear from two addiction specialists about the growing problem of prescription misuse among older adults. Learn what caregivers need to know about medications used for pain, anxiety and sleep; the risks and consequences of dependence and addiction; signs of dependence and addiction, how to address concerns with your loved one and where to turn if you need help.



12:30 to 1:30 p.m.

Programs That Help You Save on Health Care Costs

**Jennifer Therrien, Medicare Medicaid Assistance
Program (MMA) Manager
Area Agency on Aging 1-B**

Premiums. Prescription co-pays. Deductibles. It can all add up. Jennifer will talk about two programs offered by Medicare that can help lower-income beneficiaries save on costs—the Medicare Savings Plan and the Extra Help program. She will also share information about programs offered by other organizations, including pharmaceutical companies, nonprofits and county governments.

Managing Challenging Behaviors in Dementia

**Kate Pierce, LMSW, Program Manager
Alzheimer's Association—Greater Michigan Chapter**

Challenging behaviors in dementia are a form of communication and often indicate unmet needs. Come learn the common reasons challenging behaviors occur as well as how to prevent and respond to them. We will also briefly discuss the difference between Alzheimer's and dementia and how behaviors may differ between the two.

Elder Law Mini-Course for Caregivers

**Jim Schuster
J.D. – Certified Elder Law Attorney (CELA)**

You can meet the challenge of long-term care, get the government benefits you earned and not lose everything to the nursing home. Learn how to avoid expensive mistakes, how to safely avoid probate, the dangers of joint accounts, and essential legal documents you might need (including caregiver contracts, powers of attorney, deeds, wills and living trusts). Caregivers will learn what they need to know to be an empowered advocate!

Communicating Effectively with Healthcare Professionals

**Patricia Lurie, BSN, MBA, NE-BC, HN-BC
Director Quality, Safety and Service
Beaumont Health—Royal Oak**

Often, caregivers take on the role of helping to facilitate communication between their loved one and healthcare professionals. Lurie is a nursing administrator with almost 30 years of healthcare experience. She will discuss what your role as a patient and caregiver is in communicating with medical staff. Learn how to address conflicts of opinion and how to ensure you are heard.