

# 2017 Solutions for Family Caregiver Expo Presentation Schedule

## Choose from these experts:

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

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

Christopher J. Berry  
VA-Accredited and 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.



### Me, Myself and I (Caregiver Health)

Charlene Whitt, Certified Health Education Specialist  
Caregiving is hard work. When you work hard you should take time for yourself to maintain your own health. However, finding that time can be harder than caregiving. This session is all about you and how to find yourself again.



### Making 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. Michael will review Medicare, Medicaid, Medicare Advantage and Medigap plans to help you find the best plan for you.



### Hospice: End of Life Options

Heather McPherson, Operations Manager  
*Personal Touch Home Health Care Services, Inc.*

Today Americans are living longer. With longevity, knowing your end-of-life preferences has become more important. Heather will discuss hospice, palliative care, artificial life support, DNR, advanced directives, VSED, self-determination and their differences to help you be aware of and make informed decisions.

Morning refreshments  
compliments of SMART.

Respite care made possible by  
the Alzheimer's Association –  
Greater Michigan Chapter,  
Interfaith Volunteer Caregivers,  
Visiting Angels and Beaumont  
Health.

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

### Long-Term Care: Resources, Programs and Options That Can Help

Shavon Walton, Clinical Manager  
*Area Agency on Aging 1-B*  
Gary Evans, Vice President of Operations  
*SameAddress (A program of the AAA 1-B)*

Long-term care options can be confusing. Knowing where to turn for services to help a loved one remain at home is important to them and you. Shavon will explore options available to caregivers like home-delivered meals, personal care, homemaking, support groups and more. Gary will share an innovative senior concierge service that's available as well as ideas about ways to help caregivers.



### The Diamond in Your Disappointment (Anticipatory Grief & Caregiver Loss)

Beth Weber, *HOPE Services*  
Are you a caregiver experiencing anticipatory grief? Find out how it's possible to grieve someone who's still living, while making the most out of that relationship now and as you move forward. Beth will show you ways to find meaning in where you are now and how you are feeling, so you can persevere and endure the challenges of loss with hope.



### 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 plan choice: Which plan has the lowest premium? How complicated is it to use? But Medicare Advantage and Medicare Supplemental plans are different in approach and coverage. This session will educate you on some of the key differences between Medicare Advantage vs. Medicare Supplement plans, so you can make informed decisions.



### Caring for the Caregiver: Creating Personal Resilience

Jane Felczak, MSN RN CPPS, Principal Quality Consultant  
*Henry Ford Health System*

Resilience is the capacity to bounce back from stress, pressure or disruption. Resilience education teaches you the ability to adjust rapidly to adversity in a healthy manner, and is an integral component of personal well-being. This program was designed to bring meaningful and validated tools to participants, combining the best available data and tools with humor and honesty.

For more information,  
call (800) 852-7795 or visit  
[MichiganCaregiverExpo.com](http://MichiganCaregiverExpo.com)

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

### Understanding and Responding to Dementia-Related Behaviors

Lauren Cetnar  
*Alzheimer's Association—Greater Michigan Chapter*  
Behavior is one of the primary ways for people with dementia to communicate their needs and feelings when language is lost. However, some behavior can be challenging to caregivers. Join us to learn how to decode behavioral messages, identify common triggers, and learn strategies to help understand and cope with some of the most common behavioral challenges of dementia-related diseases.



### Finding the Right Medical Care for Your Loved One

Chris Popp, MD, Regional Medical Director  
*Oak Street Health*  
Rafe Petty, PhD, Regional Vice President  
*Oak Street Health*

Managing a loved one's medical care can be daunting for family caregivers. Finding the right healthcare provider can make a huge difference. Dr. Popp and Dr. Petty will explore how to work with providers to build a productive relationship and also introduce a different approach to healthcare for adults on Medicare that emphasizes devoting more time to patients in the exam room and beyond.



### Elder Law Mini-Course for Caregivers

Jim Schuster, J.D. - Certified Elder Law Attorney (CELA)  
Jim Schuster gives you the practical information for managing long-term care. You'll learn simple, inexpensive steps to take to avoid the devastating costs or making common mistakes, essential legal documents to have, and how to get all of your Medicare, Medicaid and VA benefits without losing your home or life savings. Attendees will take home an information-packed course book.



### Resources You Might Not Know About: An Information Panel

Kelly Elswick, Resource Specialist  
Christmas in July, low cost dental, Project Fresh, more  
Judy Rathburn, Resource/Mobility Specialist  
MyRide2/Transportation Options  
Lilly Estenson, LLMSW, MMAP Manager (Moderator)  
Nikki Puroff-Main, Seniors Helping Seniors

  
Advocacy • Action • Answers on Aging