

Learning to Ask, Thankful to Receive
A Conference for Christian Caregivers

October 26 - 28, 2007

Friday October 26

Registration

Lunch 12:30 – 1:30

Praise 1:45 – 2:00
Music for the Soul

General Session 2:00 – 3:00 (Church and caregivers)

Psalm 23 Movie

Dr. Robert McQuilkin

Workshop 3:15 – 4:30

Carmen Leal

How To Shamelessly Get What You Need When No One Seems To Care

This workshop focuses on creative and positive ways to cut through the red tape facing caregivers and their families. This interactive brainstorming session will help families understand how to effectively interact with church, social services agencies, and medical decision makers to get what they need to provide the best level of care for their loved ones.

Cec Murphey

When Someone You Love Has Alzheimer's

You'll learn how to help loved ones deal with the tragic Alzheimer's diagnosis. Cec will share real-life stories while showing you how to offer spiritual hope, respite, and encouragement for people whose loved ones are facing this debilitating disease.

Beth Vough-Wrobel

Hiring a Caregiver for In-Home Care of Your Loved One (Including Long distance caregiving)

Trusting others with a beloved spouse or parent is difficult to do. The reality is that circumstances make it impossible to be with someone needing care 100% of the time. This workshop will help caregivers learn how to hire other caregivers to support them in the home, either long-term care or for respite. Learn how to locate and evaluate potential caregivers, Hospice agencies, and other team members so that you can ensure your loved one has the best level of care possible.

Debra White-Smith

Regret-Free Caregiving. Looking to the Future, What Will You Wish You Had Done?

When caring for loved ones, sometimes you are faced with one crossroad after another. The burden rests on you. You need to determine what choice to make. This workshop will enable you to make the most balanced and applicable choices for your situation and will empower, equip, and enable you to move away from guilt-driven choices and choose the paths that will be best for you and your loved one's emotional, physical, and spiritual well-being. Then, when your season of caregiving is over, you will be able to look back without regrets and know that you made the choices that were the best for your situation.

Dinner 5:30 – 6:30 (Topical Round Table Discussions)

General Session 7:00 – 7:30
Music for the Soul

Keynote 7:40 – 8:10
Cec Murphey
When Someone You Love

Concert 8:15 – 9:30
Scott Kripaynne

Saturday October 27

Breakfast 7:30 – 8:30

General Session 9:00 – 10:15
Carmen Leal
Endless Dreams Movie

Music for the Soul

Bob Willis

Healing Heart Presentation

Workshops

10:45 – 12:00

Carmen Leal

Barefoot Joy In The Midst of Life

Do you remember the joy of running barefoot as a child eager to enjoy life? How about the boundless joy you experienced when you first began enjoying a relationship with God? Life's stresses have a way of robbing us of that barefoot joy in life and in our relationship with God. Join us as we learn how prayer can help us have barefoot joy in the midst of a chain of terrible, horrible, no good very bad days.

Debra Dunn

Never Enough Time: Caregiving and the Multitasking Monster

Do you feel like you never have enough time because of the various hats you wear as a spouse, parent, employee, church worker, and most importantly, a caregiver? Do you feel that you are the last person on the list to get your needs met? If so, this workshop will teach you how to rethink those roles, prioritize your time, learn to say no, and carve out those precious hours you need to stay sane, without feeling guilty and selfish in the process.

Beth Vough-Wrobel

Preventing Problems: Tools and Techniques for Today's Caregiver

Caring for someone at home is physically demanding. During this hands-on workshop you will discover techniques to become more effective at bathing, lifting and feeding your loved. Topics to be covered include: evaluating and using assistive devices, preventing injury to the caregiver and the care receiver, preventing embarrassment when caring for a loved one, preventing contractions and bed sores, and preventing caregiver burn-out. Regardless of the disease or condition this session will help you become a better caregiver.

Elizabeth Munoz-Day

Sexuality & Spirituality: The Hidden Taboo's

It is important to distinguish the differences between intimacy and sexuality to better address the challenges created when providing care for an older adult or someone chronically ill or with a disability. Intimacy is a "warm friendship," while sexuality is the use of words, gestures, movements or activities that attempt to display physical affection. A couple's role and intimacy will

undergo change (all relationships do over time), but there are still facets of the relationship that can be nurtured. Effectively coping with these changes in your relationship is essential. This workshop will review ways that will reduce stress and enhance your self-esteem through intimacy. However strained and limited, the focus can shift to the positive aspects of a relationship.

Lunch 12:30 – 1:30 (Topical Round Table Discussions)

Workshops 1:45 – 3:00

Carmen Leal and Steve Siler

Writing to Heal

When something as all encompassing as terminal or chronic illness takes over your life writing down your experiences and feelings can help heal your heart. Sometimes what you write is between you and God, but other things might one day help others going through a similar situation. This workshop focuses on breaking through the "so what" factor and using your caregiving experiences to help others through articles, books and songs.

Betsy Ritzman

Runaway Caregiver, Runaway Community: What to do when friends, family and church avoid and neglect you.

Often patients and families affected by serious hardship find themselves abandoned by the ones who love them the most when they are in the midst of their struggle. At some point, caregivers even find this impulse to walk away within themselves. Seldom is this reality addressed in the church and community. This workshop will offer insights and solutions for managing yourself and your reactions inside your relational community when the impulse to run shows up.

This Workshop limited to caregivers currently in acute caregiving relationships.

Elizabeth Munoz-Day

Anticipatory Grief: Creating Triumph Out Of Loss And Suffering

Anticipatory grief is what happens when you know there will be a loss, but it has not yet occurred. This type of grief is both the easiest and the hardest kind of grief to experience. With these losses, the handwriting is on the wall... but it doesn't make coping with it easier. You may feel closer to God and allow yourself to be more open to religious experiences than ever before. Conversely, many people express anger or outrage at God and feel cut off—a temporary paralysis of the spirit. If you are a person of faith, you may

question your faith in God, in yourself, in others or in life. This workshop will help caregivers make the best out of each moment that they spend with their loved ones and focus on the positives, such as forgiveness, settling affairs, and helping their loved ones make plans for their passing.

Debra White-Smith

Help! I'm Left Holding the Bag! When You're Abandoned in Caring for Your Loved One

Many times one caregiver is abandoned to the total responsibility of a loved one in need. This can leave the caregiver angry, resentful, and bitter. Sometimes, no matter what you say or do or how you try to motivate other family members to help, they refuse to help you take responsibility. This workshop will help those in such a situation to focus on their willingness to do the right thing before God and disconnect from focusing on the selfish choices of non-supportive family members in order to find freedom and joy in filling God's call to care for family in need.

Workshops

3:15 – 4:30

Carmen Leal

8 Sure Ways to Caregiver Burnout

If you're like most caregivers it's usually easier to do it yourself than to ask someone else. This tongue-in-cheek workshop takes a look at eight ways guaranteed to burnout even super caregivers.

Beth Vough-Wrobel

Choosing to Forgive: Prevention of Elder Abuse

This workshop focuses on the dynamics of adult children caring for their parents and how to prevent elder abuse. Elder abuse may occur for many reasons: caregivers lack of understanding about certain behaviors that can occur with cognitive impaired loved ones, caring for a parent who was abusive to the caregiver as a child, previous domestic violence situations, etc. Learn about forgiveness therapy and how it can help defuse an abusive caregiving situation, and, with God's help, bring families closer together.

Elizabeth Munoz-Day

Anticipatory Grief: Creating Triumph Out Of Loss And Suffering Part II

Stacie Ruth Stoeling

Don't Forget the Kids!

Burned-out people often put kids on the backburner. Parents, who are also caregivers, face multiple daunting roles –and *lots* of stress. They cannot

devote all of their time to their kids without sacrificing something for their sick loved ones. They feel powerless to make things better for the younger members of the family. As a child Stacie Ruth lived with life-threatening illnesses, extremely elderly grandparents' needs, deaths, depression, and more. With a fresh perspective 22 year old Stacie describes ways for caregiving parents to "be there" for their kids.

Dinner 5:30 – 6:30 (Topical Round Table Discussions)

Worship 7:00 – 7:30
Music for the Soul
Psalm Twenty-Three Movie

Snack 7:30 – 7:45

Keynote 7:45 – 8:45
Debra White-Smith
My Guts Have Been Ripped Out and Now I'm Supposed to be a Caregiver and...FORGIVE?!

Sunday October 28

Breakfast 7:30 – 8:30

Workshop 9:00 – 10:15

Carmen Leal
Listserves, Websites, and Blogs, Oh My!: Finding Online Support

The very nature of caregiving often forces the caregiver to become housebound when finding support is essential. Finding respite, or even energy, to attend support group meetings can be impossible, so what's a caregiver to do? Regardless of your situation there is a huge network of online caregivers, support groups, research sites and more waiting for you to explore. This network will help you learn the ins and outs of finding online support from the comfort of your home.

Bob Willis
"Softening the Pain": Will it always hurt this much?

In this workshop Bob uses the "caregiver's toolbox" to normalize feelings of caregivers, while providing insight into the complex nature of losses in life. Special emphasis is given to honoring relationships, dealing especially with guilt and regret. The highlight of this session will be found in the "tool" to

soften the pain. Bob illustrates several ways this "tool" can be used effectively with loved ones while they are still alive. This is a proven life skill that, with God's help, can soften the emotional and spiritual pain of both caregivers and care recipients.

Betsy Ritzman and Deborah Dunn

Ask a Therapist

Got questions? Come prepared with questions as both of our gifted licensed family counselors and others offer answers, advice and suggestions in this brainstorming session.

Beth Vough-Wrobel

Addressing Special Behavioral Problems of a Loved One With Dementia

This workshop addresses the special behavioral problems that often occur in Alzheimer's and other dementias. Many times the person requiring care is experiencing cognitive impairment, and the caregiver is caring for someone with a changed personality. Learn how to handle behaviors including aggressive and/or repetitive behaviors, hoarding, sexually aggressive behavior, and others.

Worship 10:30 – 11:30

Music for the Soul

Stacie Ruth Stoeling

Alzheimer's: Information and Inspiration! A Granddaughter's Perspective

Closing 11:30 - 12:00

Lunch 12:30 – 1:30

Prayer Room
Counseling Room
Massage
Trade Show

Bob Willis, Stacie Ruth Stoeling, Dr. McQuilkin
Betsy Ritzman, Debra Dunn

Mealtime Round Table Discussions

Caring for the Caregiver (Avoiding guilt and minimizing stress)
Long Distance Caregiving

Caregiving and Sibling Relationships

Finding Community Resources

Legal and Financial Issues of Caregiving

Medicaid and Medicare Issues

Respite Options

Coping with Alzheimer's/Dementia

When driving is no longer safe for your loved one

Technology and Support

Caregiving and Sibling Relationships

Finding Community Resources

The Balancing Act: Caregiving, Work, Children, and Your Marriage

Feeling Forgotten: How to Deal with Your Emotions While Caregiving

Fear, Fatigue, and Loss of Faith: Spiritual Battles Each Caregiver Must Face

Lighten Up! Relaxation Tips and Techniques for Self Care