



Are you caring for an aging or disabled PARENT, RELATIVE, NEIGHBOR OR FRIEND?

DON'T MISS THE *10th Annual*
Solutions for
Family Caregiver Expo

Saturday, October 24, 2009
9:00 a.m. to 2:00 p.m.

LOCATION

Diamond Ballroom
Rock Financial Showplace
46100 Grand River Avenue • Novi
Between Novi and Beck Roads in Novi

FREE Parking and FREE Admission!

- Expert Presentations (see other side for schedule)
- More than 100 exhibitors
- "Ask The Expert" for answers to questions on Medicare, Medicaid, and referrals to local services
- Free morning refreshments courtesy of Jim Schuster, Elder Law Attorney; Mall Malisow & Cooney, PC; and Quality Home Health Care Services of Michigan
- Complimentary professional care for your loved one while you attend the expo. Quality care provided by the Alzheimer's Association and Macomb County Interfaith Volunteer Caregivers. Sponsored by ComForcare Senior Services and Comfort Keepers. (Reservation Required for this service – Call 800-852-7795)
- Cash and carry afternoon snacks available
- Door prizes and giveaways!



For Details...
visit

www.michigancaregiverexpo.com

call

(800) 852-7795

or E-mail

sjustice@aaa1b.com

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2009 Solutions for Family Caregiver Expo

PRESENTATION SCHEDULE

Guests of the *Solutions for Family Caregiver Expo* may choose to attend the following presentations throughout the day:

9:30 a.m. – 10:30 a.m.

Adult Immunizations: Short Term Pain, Long Term Gain

HEIDI L. DIEZ, PHARM. D.

*Clinical Pharmacist and Assistant Professor
University of Michigan College of Pharmacy
The Kroger Company of Michigan*

Dr. Diez will discuss which vaccines are recommended for adults, as well as which vaccines are covered under Medicare. She will explain common side effects, frequency of administration, and reasons to get each individual vaccine. She will also share the benefits and cautions for the new vaccine used to prevent Shingles.

Advocating for Quality Care for Your Loved Ones: A Legal Perspective

SANFORD J. MALL, CELA
ARTHUR L. MALISOW, CELA
Mall Malisow & Cooney, PC

Sandy and Art, nationally certified elder law attorneys, will discuss how effective eldercare and special needs legal planning can help assure maximum quality of life for your loved one while preserving and protecting precious financial resources. You will learn tricks of navigating the long term care system including why it is essential to have good legal planning in place.

Medicare – Understanding Your Options

ROBERT FOX
*MMAP Counselor
Area Agency on Aging I-B*

Bob will provide an overview of the fundamentals of Medicare and the Medicare choices available, including Medicare Supplemental Insurance, Medicare Advantage plans, and Medicare prescription drug coverage. He will outline how to choose the right plan for you and provide an introduction on how to use Medicare's online tools.

Veterans Home and Health Care Benefits: What They Are and How You Get Them

LAUREN CHAMBERLIN
*Accredited Veterans Representative
Veterans Benefits Counselor Supervisor
Oakland County Veterans Services*

Are you or the person you care for a veteran? Are you a spouse of a veteran? You won't want to miss this presentation about the important health care benefits available to qualifying veterans and their spouses. Lauren will take you through the eligibility requirements and the application process for Veterans Affairs (VA) federal benefits including, the VA health care benefit and VA Pension with the Aid and Attendance benefit.

**30-minute break
to enjoy refreshments and
visit with exhibitors**

11:00 a.m. – 12:00 p.m.

The Key to Moving Safely is Balance: How to Improve Your Balance and Prevent Falls

B.K. AHMAD, MD
*Neurology Service Chief
Henry Ford West Bloomfield Hospital*
KENNETH BOUCHARD, PhD
*Senior Staff Audiologist, Otolaryngology
Henry Ford Health System*

Falls happen to both men and women. However, an increased number of falls occur among older adults. In fact, one third of people over the age of 65 have at least one fall per year. Falls are caused by medical or environmental conditions. Dr. Ahmad and Dr. Bouchard will discuss these medical and environmental aspects to better understand how they impact maintaining safe balance in everyday life. Resolution, activities and support resources will be included in this presentation.

Caregiver Stress and Burnout: How to Get the Support You Need to Manage Stress and Avoid Burnout

MIDGE APPEL, MA
*Adjunct Faculty
Oakland Community College,
Macomb Community College*

Ms. Appel will share her professional and personal experience as a caregiver and explore the challenges and natural emotions caregivers often experience when caring for someone with a chronic illness, dementia, or a physical disability. She will discuss the signs and symptoms of caregiver stress and depression and provide guidance to help caregivers learn to take care of themselves, ask for help, and avoid caregiver burnout.

Medicaid: Qualifying, Applying and Receiving Medicaid Benefits

JENNIFER HOUGHTON
*Access and Benefits Supervisor
Area Agency on Aging I-B*

Jennifer will describe the benefits and qualifications for Medicaid programs available to older adults and persons with disabilities, and provide an overview of these programs, including Medicare savings programs, MI Choice, Home Help grant, and Medicaid coverage in a nursing home. She will review the rules regarding assets, as it applies to Medicaid long term care programs. Jennifer will also explain the application process and provide helpful hints for applying.

Protecting Older Loved Ones From Scams and Fraud

ANGELA E. BRANCH
*Special Assistant to the Attorney General
State of Michigan, Dept. of the Attorney General*

Ms. Branch will share important information to help you protect your loved ones from the latest telemarketing scams, sweepstakes offers, phishing, charitable giving fraud, and identity theft. She will also explain how to obtain free annual credit reports to insure financial safety and security.

12:30 p.m. – 1:30 p.m.

How to Navigate Home and Community Services to Live Independently

KATHLEEN KUEPPERS, RN
*Director of Community Support Services
Area Agency on Aging I-B*

Understanding where to access the services your loved may need to live at home can be overwhelming. Kathleen will explore options available to caregivers and how to access services. She will also share details about the Community Living Program that utilizes community-based services to help older adults and persons with disabilities stay in their own homes AND successfully transition individuals out of nursing facilities and back into the community.

Know the 10 Signs of Alzheimer's Disease: Early Detection Matters

DR. RHONNA SHATZ, DO
*Director of Neurobehavioral Services
Henry Ford Health System*
RHONDA BEAUFORD, BS
*Education and Training Coordinator
Alzheimer's Association - Michigan Chapter*

Guests will learn why early detection, early diagnosis and early intervention are important to an Alzheimer's patient; the difference between age-related memory loss and dementia; and what to do if signs of Alzheimer's disease are evident. The experts will also identify the risk factors for dementia and Alzheimer's, the lifestyle changes that may positively affect brain health, and strong scientific evidence that links brain health to heart health.

Legal Tips for Caregivers

JIM SCHUSTER, JD
CERTIFIED ELDER LAW ATTORNEY (CELA)

This lively Q&A session will cover legal information caregivers need to know. Back by popular demand, Jim Schuster 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 how to be an empowered advocate!

The Working Caregiver Survival Guide

BERT COPPLE, MA
*Founder, Working Caregiver Initiative and
General Manager, Home Instead Senior Care*
KATHRYN BARTZ, MA
*Director of Strategic Growth and Development
Optimal Care, Inc.*
SUSAN MYERS, CPA, CFA, CLTC
*Senior Financial Planner
The Center for Wealth Management*
DIANE HISCHE, RN, MSN, CMC
*Founder, President, and Geriatric Care Manager
Serving Seniors*

This panel of experts will explore the challenges faced by working caregivers and provide advice and resources designed to help working caregivers be proactive. Each attendee will receive a caregiver survival guide that includes a copy of the presentation slides, caregiver resources handouts and educational booklets.