

Preliminary Agenda for Caregiver Forums

9:30 – 10:00 Registration

10:00 – 12:00

Speakers to address a range of topics including:

- Comprehensive Program Development
- Marketing & Outreach
- Caregivers' Impact on Long Term Care Reform
- Relatives as Parents

12:00 – 12:45

Lunch (on your own)

12:45 – 1:45

Continued Presentations on:

- Assessing Caregiver Needs
- Support groups

1:45 – 3:00

Panel of Experts

- Q & A
- Idea Exchange: sharing of best practices among attendees

Who Should Attend?

AAA Caregiver Coordinators
AAA Directors/Commissioners
AAA Subcontractors for Title III-E
Local Organizations interested in Assisting Caregivers

Dates & Locations

March 22

Central NY: Syracuse

Sheraton University Hotel
801 University Ave.
Syracuse, NY 13210
(800) 395-2105

March 23

Western NY: Rochester

Rochester Hyatt
125 East Main St.
Rochester, NY 14604
(585) 546-1234

March 24

Capital Region: Albany

The Crossings
580 Albany Shaker Rd.
Loudonville, NY 12211
(518) 783-2760

March 25

Lower Hudson Valley: Garnerville

Haverstraw King's Daughters Public Library
10 West Ramapo Road
Garnerville, NY 10923
(845) 786-3800

Registration & Brochures

Registration fee is \$20 per person, if received by March 15th (see enclosed form). On site registration is \$45. Brochure, directions and registration forms are also posted at

www.nysaaa.org



Unique Challenges for a Unique Population

March 22-25, 2004

- **Syracuse**
- **Rochester**
- **Albany**
- **Garnerville, NY
(Rockland County)**



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Speakers

Bernice Hutchinson, *Director, National Family Caregiver Support Project, National Association of State Units on Aging*

NASUA's program, "Promoting Systemic Development of State Family Caregiver Support Programs" has won two grants from the Administration on Aging. The first project developed guidance regarding three key components of a sound Caregiver Support Program: the service package, coordination and service continuity. Under the second grant, NASUA will develop protocols to establish guidelines for quality and program effectiveness. In conjunction with this NASUA is developing a self-assessment tool to enable agencies to determine their progress and identify areas needing further systemic development.

Dorothy Ginsberg, *Project Coordinator, New Jersey Department of Health and Senior Services, Division of Aging & Community Services*

Dorothy is the Project Coordinator for NJ DHSS' Division of Aging and Community Services' National Family Caregiver Support Program Innovative Grant – New Jersey EASE for Caregivers: A Multifaceted Caregiver Support System, awarded in October 2001. Through the grant has led the development of caregiver assessment and planning tools; training programs on caregiver support and outreach to culturally diverse caregivers; policies to better coordinate federal, state and local resources that serve caregivers and their loved ones; and a website directed at family caregivers. The website, CaregiverNJ, was launched in November 2003.

Tianna Moscinski Pettinger, *Telephone Support Group Leader, Senior Services of Albany*

Senior Service Centers of the Albany Area, Inc. in partnership with the University at Albany Institute of Gerontology, runs this project, which consists of developing, running and evaluating Telephone Support Groups for family caregivers of the frail elderly. Support Group members attend 12 weekly semi-structured meetings via conference calls, and meetings will focus on emotional support, problem-solving, taking care of yourself, stress reduction, coping strategies and community resources. Groups include up to 8 individuals who are all caring for a spouse or all caring for a parent and the MSW level group leader. This project has also been recognized by AoA as a "Promising Practices in the Field of Caregiving."

Rose Golden, CSW, President, GoldenLane Associates, Inc.

Rose A. Golden, CSW and Dr. William Lane, Ph.D., are two professionals who have a lifelong personal and professional commitment to providing services to the elderly. Their consulting company, GoldenLane Associates has recently

spearheaded the following caregiver projects: They were contracted by Schenectady County, through Day Haven Adult Day Services to implement the start phase of the county's new Caregiver Resource Center. They have also developed a program in Warren/Hamilton Counties; and they developed and provided a statewide one day, six hour training on how to utilize III-E funds for grandparent relative caregivers. GoldenLane's diverse background and wealth of professional experience enable them to coordinate project activities across program lines.

Denise Variano, *Cornell Cooperative Extension of Orange County*

Isabel Doran Jensen, *Cornell Cooperative Extension of Ontario County*

Cornell Cooperative Extension's Relatives As Parents Program (RAPP), is designed to assist grandparents and other relatives who have taken on the role of primary caregiver for related children. RAPP provides education and training to learn new parenting and advocacy skills, mutual peer support groups, referral and access to appropriate community based services and resources available in a setting designed to promote sharing, caring and mutual respect. This award winning program has been adopted wholesale by several states as a blueprint for their Grandparents as Caregivers programs.

Miriam Callahan, *Erie County Department of Senior Services, Caregiver Resource Center*

Erie County uses the Montgomery Borgatta Caregiver Burden Scale as an assessment tool which helps identify three areas of caregiver burden, allowing case managers to know exactly which type of burden or stress is most salient in a caregiver's life at a given point in time. This knowledge should help in the identification of support strategies that are appropriately matched to the source of stress.

Judy Whiteman and Judy Bobinski, *Program Director and Outreach Manager, Broome County Office for Aging Caregiver Resource Center*

Broome County's Caregiver Resource Center, one of the first in the state, has long been actively involved in integrating their Caregiver Program into community life. They have created in the Caregiver Resource Center a staff position solely devoted to outreach. They have interfaced with local employers through a number of EAP programs and are currently implementing NAAAA's "Making the Link: Connecting Caregivers with Services Through Physicians" program. Their award-winning program, "Men Making Meals" was recently profiled in the *Older Americans Report* and the *Wall Street Journal*.

Speakers by Forum

Please note: not all speakers will present in all locations.

Comprehensive Program Development

- Bernice Hutchinson (Rochester, Syracuse)
- Rose Golden, CSW (Albany)

Marketing & Outreach

- Dorothy Ginsberg (All locations)
- Judy Whiteman/Judy Bobinski (Syracuse, Albany, Hudson Valley)

Caregiver Stress Assessment Tools

- Miriam Callahan (All locations)

National Trends & LTC Reform

- Bernice Hutchinson (Rochester, Syracuse)
- Dorothy Ginsberg (Albany, Lower Hudson Valley)

Relatives as Parents

- Isabel Doran Jensen (Rochester, Syracuse)
- Denise Variano (Albany, Lower Hudson Valley)

Support Groups

- Tianna Moscinski Pettinger (All locations)

Some locations may include resources from the following organizations:

- ARC of the United States
- Red Cross "ABCs of Caregiving"
- Alzheimers' Association