

# Guiding Caregivers to Wellness



10 AM - 2:30 PM

Saturday, November 2nd



Whether new or seasoned to caring for a loved one, let us guide your journey.

Curative Connections, 2900 Curry Lane, Green Bay

Lunch provided

10-10:30 AM

Check-In and Resource Fair

10:30 AM - 11:30 AM

Key Note – Joy Jordan

11:40 AM - 12:30 PM

1st Breakout Session

12:30 PM - 1:20 PM

Lunch and Resource Fair

1:20 PM - 2:10 PM

2nd Breakout Session

2:10 PM - 2:30 PM

Resource Fair + Gift 4 U

**FREE event!**

Call ADRC 920-448-4300

Request FREE on-site care for your loved one @ registration.

Respite registration deadline: October 18, 2024

Event registration closes Nov. 1, 2024



[adrcofbrowncounty.org/events-calendar/](https://adrcofbrowncounty.org/events-calendar/)



## KEYNOTE Joy Jordan, Born Joy Mindfulness

Is there a healthy balance between what you do for yourself and what you do for others? Consider one small step toward balance.

# Break Out Sessions

## Session 1

11:40 AM - 12:30 PM

### Financial Considerations for Caregivers

Explore the financial challenges that today's caregiver face.

Gain valuable information, tips and resources to help navigate the key components for caring for someone you love.

### Hospice vs Palliative Care

Both programs focus on the comfort and quality of life of people with serious illnesses. However, they differ in when care begins, where it takes place, and the treatment options available. Learn the difference and when it might be appropriate to consider each type of care.

### Caregiver Panel

Caregivers share their stories, insight and experience before taking questions from the audience.

## Session 2

1:20 PM - 2:10 PM

### Communication Tips for Dementia Caregivers

As dementia progresses, it may become more difficult for your loved one to communicate and understand what others are communicating. Hear techniques that may help you keep your communication lines open.

### What Does Respite Look Like to You?

Taking a break to recharge your batteries is important for any caregiver. Experience several easy self-care options and create your own grab-n-go list.

### The Art of Asking for Help

Asking for help should be simple enough but for some reason, it's something a lot of people struggle with it. Evaluate the obstacles, how and when to ask for help and why asking for help is important.