

To Register

Register online at www.careforelders.org/conference

Please note: There will not be on-site registration.

Seating is limited, please be sure to sign up early to ensure your selected classes are available.

Please select one class from each of the groupings listed below:

Workshop One 1:00 p.m. – 2:30 p.m.

- Community Resources
- Consumer and Worker Rights
- Doing the Dirty Work: Ways to Perform Bathing and Hygiene Tasks while Respecting the Dignity of the Client with Dementia
- Healthy Choices for All
- Proper Movement Techniques
- What is Abuse & Neglect?

Workshop Two 2:45 p.m.– 4:15 p.m.

- Consumer and Worker Rights
- Fighting Back Against Identity Theft and Other Scams
- Healthy Choices for All
- Misuse or Not? Medication and Older Adults
- Personal Finances and Budgeting
- Transitional Movements with Caregivers and Clients

Please print (only one registrant per form, copies accepted):

Name

Title

Company

Street Address

City State Zip

Email Address

Phone Number

A \$10 reservation fee per person must accompany each registration. This conference is **FREE** for everyone that attends, the credit card will only be charged if the registrant is a no-show.

Credit Card Type:

- Visa MasterCard American Express

Cardholder's Name

Card number Expiration date

Registration Deadline is March 1, 2011.

Please mail form to:

Care for Elders, 3838 Aberdeen Way, Houston, Texas 77025

For questions/concerns regarding the registration form please contact Morgan Steinberg at 713.685.6584.

4th Annual Ready for Life Awards

The Ready for Life Awards recognize direct care workers who “serve as a role model for others,” by demonstrating a commitment to improving the quality of life for older adults. For more information, please see the enclosed nomination instructions.

Congratulations to the 2010 Ready for Life Award Nominees

Recipient of the 2010 Ready for Life Award

Winnie Colley, *Neighborhood Centers Inc.*

Honorable Mention

Yesenia Luz, *Com for Care*

Joyce Woodfox, *Sheltering Arms Senior Services*

Nominees

Lily Alvarez, *Cameo Caregivers*

Bertha Benevides, *Villa De Matel*

Toni Cambre, *Amazing Place*

Elsa Doss, *The Heritage Retirement Community*

Bobbie Havemann, *New Dimensions Home Healthcare Plus*

Loretta Kindred, *Texas Home Health*

Diana Morris, *LivHOME, Inc.*

Kate O'Hale, *The Heritage Retirement Community*

Orlanda Pulido-Martinez, *Neighborhood Centers Inc.*

Charlotte Shepherd, *Sheltering Arms Senior Services*

Stephanie Vertrees, *Sheltering Arms Senior Services*

Patricia Ward, *Sheltering Arms Senior Services*

Clari Williams, *LivHOME, Inc.*

Shrona Williams, *Professional Caretakers*

Directions to Conference

University of Houston Hilton Hotel
4800 Calhoun, Houston, Texas 77004

Driving North on I-45 (from Galveston), Exit (Elgin/Lockwood/Cullen) exit #44A. Turn left on Cullen and go to Wheeler. Make a left on Wheeler and then left again at Entrance #4. Parking garage in on your left.

Driving South on I-45 (from downtown), Exit Spur 5 exit #44B follow to UH University Drive and make a right. Go past Calhoun and turn left after the visitors' booth. The parking garage in on your right.

We will cover your cost for parking ONLY if you park in the hotel parking garage.



On the Front Line and at the Heart of Quality Care for Older Adults

An educational conference for direct care workers

Register Today!

On the Front Line and at the Heart of Quality Care for Older Adults

An educational conference for direct care workers

Register Today

Thursday, March 10, 2011

7:30 a.m. – 4:30 p.m.

University of Houston Hilton Hotel
4800 Calhoun
Houston, Texas 77004

Sponsored by:



This program is supported, in part, by the City acting as the Harris County Area Agency on Aging and the Texas Department on Aging and Disability Services.



On the Front Line and at the Heart of Quality Care for Older Adults

An educational conference for direct care workers

Thursday, March 10, 2011 | 7:30 a.m. – 4:30 p.m.

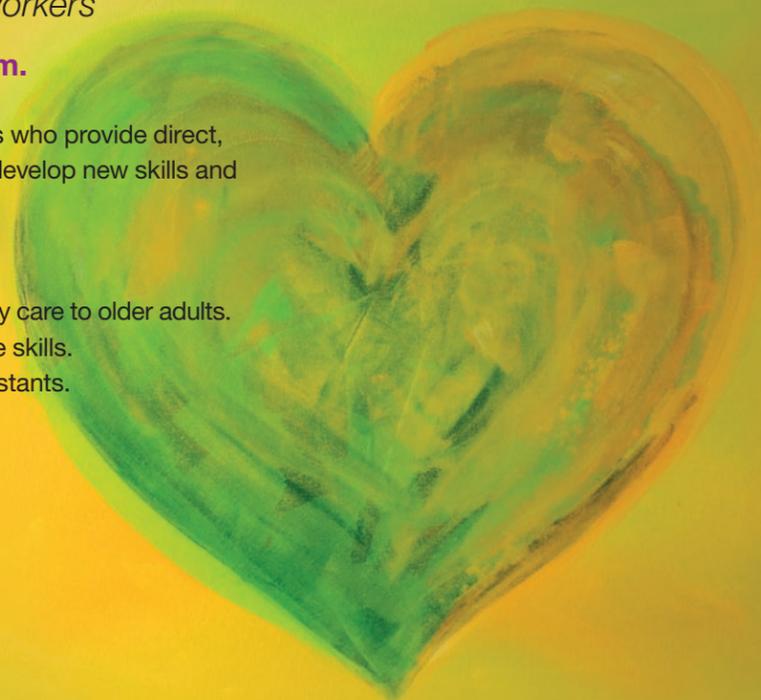
This full-day conference provides opportunity for individuals who provide direct, hands-on care to older adults to participate in workshops, develop new skills and share their experiences with others in the field.

This conference offers:

- Demonstrations of the latest techniques for providing quality care to older adults.
- Numerous opportunities to improve practical and front line skills.
- Information that benefits both clients/consumers and assistants.
- Sessions for professional and personal development.

Who should attend this conference?

- Certified Nursing Assistants (CNAs)/Nursing Assistants
- Home Health Aides
- Home Care Aides
- Personal Care Assistants
- Other para-professionals in direct care roles



For more information, please contact Morgan Steinberg at 713.685.6584 or go online at www.careforelders.org/conference

Conference Schedule

7:30 a.m.	Registration and Continental Breakfast
8:00 a.m.	Welcome
8:15 a.m.	Fall Prevention: It's All About Balance!
Noon	Luncheon
12:30 p.m.	Ready for Life Awards Presentation
1:00 p.m.	First Afternoon Workshops
2:30 p.m.	Break
2:45 p.m.	Second Afternoon Workshops
4:15 p.m.	Conference Evaluation & Certificates of Completion
4:30 p.m.	Conference Adjourns

All conference attendees that complete the full-day conference will receive a certificate of completion and a gift card.

Morning Workshop

Fall Prevention: It's All About Balance!

Presented by Peggy D. Kelso, MBA, M.Ed, CCC-SLP, CPT

Even though falls can be prevented, they are the leading cause of injury deaths in older adults in Harris County. This workshop will include information about the conditions and situations that contribute to falls in older adults, explore the major risk factors for falls, and describe best practice strategies for fall prevention. Since falls are often the result of poor balance, attendees will also participate in hands-on training for improving balance and leave with tools to help themselves and their clients avoid and manage falls.

Peggy Kelso is the founder and Principal of the Council for Health Education and Development, LLC (CFHED). She received her B.S. degree in Elementary Education with certification in Speech Pathology from the University of Texas at Austin and her M.Ed from Boston University. She also has an MBA from Our Lady of the Lake University in San Antonio. In addition, she is a certified Personal Trainer and CPR instructor. Peggy is a licensed Speech/Language Pathologist in the State of Texas.

Afternoon Workshops

Participants will have the opportunity to attend two of the following sessions:

Community Resources

We are fortunate to live in a city that is rich with community resources that can help older adults remain independent, and may also be of help to you as you work to balance your job, your family and your personal needs. But these resources are of no use if you don't know about them! This session will provide an overview of various health and human services available in our community that could benefit clients and workers.

Consumer and Worker Rights

In direct care work, both consumers and workers have rights. These "rights" help protect the safety and of both the worker and the client/consumer. They also help ensure freedom of choice for both. In this workshop, participants will explore their rights, the rights and responsibilities of the client/consumer, and discuss options and strategies for handling situations in which the rights are being abused or taken advantage of.

Doing the Dirty Work: Ways to Perform Bathing and Hygiene Tasks while Respecting the Dignity of the Client with Dementia

Individuals with dementia will eventually need help with bathing, with brushing their teeth, and with other hygiene related tasks. The individual may refuse help with these activities because of their private nature. Many may feel embarrassed and angry that they are naked in front of someone or that they can no longer do it themselves. In this session, participants will learn how to help the individual with dementia with these tasks, while still respecting their dignity and feelings.

Fighting Back Against Identity Theft and Other Scams

There are a variety of ways scammers can take advantage of you and the older adult(s) you serve or care for. In this session, you will learn how to identify and avoid identity theft, frauds and scams. You will also learn how to protect yourself and your clients from financial exploitation.

Healthy Choices for All

This session will focus on the role nutrition plays in disease management. Participants will learn tips on grocery shopping, reading food labels and preparing meals that help promote a healthy lifestyle for clients – and everyone!

Misuse or Not? Medication and Older Adults

It is estimated that 2 out of 5 older adults take five or more prescription medications. In this workshop, participants will learn what constitutes medication abuse and misuse. You will also hear about the signs and symptoms of potential medication mismanagement and abuse by older adults.

Personal Finances and Budgeting

Many individuals do not take advantage of things like earned income tax credits and other money saving options – because they don't know about them. This session will teach participants about money management, personal budgeting and how to make the most of every paycheck.

Proper Movement Techniques

Proper body mechanics of the assistant/caregiver is at the core of prevention of unnecessary stresses on the back and therefore is the first line of defense against low back pain and injury. Every interaction that a caregiver has with a client should be executed with the safety of both individuals in mind. In this session, participants will learn the skills to safely position move and walk with their clients.

Transitional Movements with Caregivers and Clients

The correct use of assistive devices such as walkers, canes and gait belts is critical in providing support, stability and balance to your client. This hands-on presentation will focus on the most important lessons associated with the gait needs of older adults as well as guidelines associated with the use of walkers and canes.

What is Abuse & Neglect?

Because direct care workers play such an important role in the lives of older adults, it is important for them to understand how to identify, prevent, and report abuse and neglect. In this session, Adult Protective Services will define abuse and neglect with examples of each and explain the necessary procedures for reporting an incident.

Conference Planning Committee

Chairperson
Morgan Steinberg, Care for Elders

Cathy AndrewsLivHOME, Inc
Jane BavineauCare for Elders/Sheltering Arms
Missouri Blanton.....Sheltering Arms Senior Services
Rachelle Branch.....Nurses Night and Day, Inc
Jan EdwardsSheltering Arms Senior Services
Whitney FlemingUnited Way of Greater Houston
Jolly MathewHarris County Area Agency on Aging
Katie Olson.....Alzheimer's Association Houston & Southeast Texas
Mary White.....Professional Health Solutions