

## 2019 Caregiver's Conference Morning Workshops

### **Workshop A**

#### **Grief and the Caregiver**

**Carmella Dow, MSW, Concord Regional VNA**

*Grief is defined as the emotional and physical response to any type of loss. Caregivers can experience losses that are not as concrete or identifiable as traditional losses such as death. In this workshop we will explore our experiences with grief as a caregiver and offer tools and resources to assist in coping with the grief we experience.*

### **Workshop B**

#### **Assistive technology (AT) for Caregiving**

**Stacey Driscoll, Assistive Technology Specialist, Assistive Technology in New Hampshire**

**Dr. Therese Willkomm, Director, Assistive Technology in New Hampshire**

*This workshop will include two parts; Apps & the Amazon Echo for Caregivers and Creating AT to Assist the Caregiver. Participants will learn about a variety of apps to assist caregivers and how the Amazon Echo devices are helping to reduce stress and increase peace of mind. The second half of the presentation will include simple AT solutions you can create in minutes to support a variety of disabilities to make the caregiver's job easier.*

### **Workshop C**

#### **Caregivers, Take a Breather!**

**Sue Bergman, M.Ed., Mindset & Empowerment Coach, Learning Is Contagious! LLC**

*Take a deep breath right now and then s-l-o-w-l-y let it out. See how good that feels? We have the choice to intentionally breathe at any time, but when our attention is focused on someone or something else it can be hard to remember. Join us for some FUN and learn the what, when, where, why and how of breathing on purpose.*

### **Workshop D**

#### **Shame, Moral Distress and The Moral Residue of Caregiving**

**Dr. Donna McCarten White**

*Caregivers often have limited knowledge of the impact of how shame and moral distress impacts development of skills needed to foster self-care practices. This presentation is designed to explore the concept of Moral Distress and the consequence of Moral Residue. The interactive program will be to encourage attendee's feelings and to share their personal journey. The overall goal is to equip caregivers with the knowledge and skills needed to identify their experiences and create prevention and personal intervention plans. The result is to renew a sense of wellness, joy, and restorative wholeness in their life system*

## **2019 Caregiver's Conference Afternoon Workshops**

### **Workshop E**

#### **Visualize Your Life!**

**Sue Bergman, M.Ed., Mindset & Empowerment Coach, Learning Is Contagious! LLC**

*During this hands-on workshop caregivers will visualize what you want to feel, do, be, have and achieve and leave with a Vision Board focusing on specific goals with concrete strategies on how to make your dreams a reality!*

### **Workshop F**

#### **Chair Yoga and Meditation**

**Jeannine Leclerc, Integration Specialist, Wellness Coordinator, Monadnock Regional Middle High School**

*We will explore our breath as I guide you with mindful poses and the support of a chair. This connection allows our minds to be clear and present as our physical body releases tension. Come join me as we weave our breath and body together in gentle ways that can be done anywhere by anyone.*

### **Workshop G**

#### **The Joy of Music**

**Deborah Stuart, VSA Arts of NH & Will Cabell, Music Specialist and Teaching Artist**

*Rhythm, playing with very simple instrument and singing together build community and bring us together in a joyful experience. This workshop is for everyone who enjoys music in any way and is inclusive and comfortable no matter what past experiences you've had! We will sing songs that are familiar and occasionally funny, make a rain stick and play them together and have fun with kazoos and claves.*

### **Workshop H**

#### **What every Caregiver Needs to Know about Advance Directives**

**Judith K. Jones, Esquire, Butenhof & Bomster, PC**

*This program will explore Advance Directives from the perspective of the caregiver and include practical information about Health Care and Financial Power of Attorney documents, as well as the use of HIPAA Releases and Declaration of Last Wishes. We will address issues many caregivers face, including the responsibilities involved in being named as an agent under power of attorney documents, how to minimize potential problems, and what happens when advance directives are not in place.*