



TRI-STATE LEARNING COLLABORATIVE ON AGING

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# 2016 CROSS-BORDER CONVERSATIONS ON CAREGIVING

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November 4<sup>th</sup> at the Frank Jones Center in Portsmouth New Hampshire

November 15<sup>th</sup> at the Hotel Coolidge in White River Junction, Vermont

November 17<sup>th</sup> at Sunday River (Grand Summit) in Bethel, Maine

## Agenda at a Glance

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| <b>7:30 – 9:00</b>   | <b>Registration and light breakfast</b>  |
| <b>7:30 – 9:00</b>   | <b>Community engagement opportunity</b><br><i>Please come early to meet with others from your region and make new connections!</i>                                     |
| <b>9:00 – 9:15</b>   | <b>Warm welcome</b><br><i>Jess Maurer, Project Manager, TSLCA</i><br><i>Executive Director, Maine Association of Area Agencies on Aging</i>                            |
| <b>9:15 – 10:15</b>  | <b>Caregiver panel -</b><br><i>Hear from experienced caregivers about the help and support needed to address the challenges they face in various caregiving roles.</i> |
| <b>10:15 – 10:30</b> | <b>Introduction to the process</b><br><i>Setting the stage for the table conversations.</i>  |
| <b>10:30 – 10:45</b> | <b>Break</b>   |
| <b>10:45 – 12:10</b> | <b>Table conversations</b><br><i>Participate in small group conversations on different caregiving topics.</i>  |
| <b>12:10 – 1:10</b>  | <b>Lunch</b>   |
| <b>1:10 – 2:30</b>   | <b>Table conversations continued</b>   |
| <b>2:30 – 3:30</b>   | <b>Reflections</b><br><i>The table facilitators will share collected wisdom from the conversations</i>   |

# Table Conversations

## About the Process

Throughout the day, participants will be invited to engage in a series of topic-related conversations in small groups hosted at tables around the room. A knowledgeable facilitator will remain at a table assigned a specific topic. Participants will rotate to different tables depending on their interest in the topics and engage in a conversation with other participants at the table. Each conversation will last twenty-five minutes and the facilitator will help the participants build on previous conversations. After twenty-five minutes, participants will be asked to move to a new table and engage in a new conversation on a different topic. Throughout the day each participant will have the opportunity to participate in six conversations on different topics.

## Table Topics

Guided conversations will not only cover existing best practices and what's currently working well in our region, but will also identify needs and explore ways to collaboratively build a road forward.

- 1. Care partners in the Workforce:** How can workplaces support people who are family caregivers with things like appropriate leave, on-site resource counseling and workplace affinity groups? What's currently working for employed care partners? What's needed to support them and keep them in the workforce?
- 2. Supporting Care Partners:** What community-based resources are currently available to support care partners? What are the barriers for care partners accessing them? What additional supports are needed, and how can they be implemented?
- 3. Building Dementia-friendly Communities:** How can businesses, municipal offices, restaurants, primary care practices and churches make it easier for people with memory disorders and their care partners to fully engage in ordinary life?
- 4. Dementia & Alzheimer's Caregiving:** What specialized tools, educational opportunities and programming are working for people caring for people with dementia and Alzheimer's work? How can these be expanded to other communities?
- 5. Creating Community Volunteer Programs:** How can we best support care partners in our communities? What would it take to implement volunteer respite, friendly visitor and care partner support/affinity groups at the community level?

6. **Advancing New Care Partner Policies:** Is there a region-wide or federal policy initiative we can undertake collaboratively to support family care partners? How can we best engage our elected officials to be care partner champions?
7. **Navigating the Health Care System:** What rights do we have as a care partner? How can we fully engage in care planning? What can health care providers do to fully integrate care partners into the care team?
8. **Creative Caregiving:** What tools are available to help integrate different forms of art and music into caregiving? What are the benefits?
9. **Care for the Care Partner:** Self-care is critically important for care partners. What tools are available to help care partners recharge and stay sane and safe through the caregiving journey?
10. **Veteran Caregiving:** What are the best ways to support veterans in our community and address their unique challenges?
11. **Advanced Care Planning:** What are the steps care partners can take to ensure they're able to provide care consistent with the wishes of the care receiver? What tools have helped the most? How can you find the legal support you need?
12. **Death and Dying:** How can we start a conversation about death and dying? What should care partners know about hospice services and when can they use them? How can communities create volunteer hospice programs?
13. **Making the Transition to Facility Care:** This can be one of the hardest decisions for a care partner and it's made doubly hard by the lack of locally based care facilities in our region. How can we help care partners know when and how to make the decision to transition to facility care? How can we advocate for the creation of small, home-like, care facilities in town centers around our region?