

CAREGIVER CONFERENCE

APRIL 5TH, 2023

Timestamp	Speaker & Topic	Notes
00:04 - 00:17	Tony & Kori Gonzalez Introduction	High school sweethearts Tony and Kori Gonzales, married 25 years, are facing Tony's 2021 diagnosis of mild cognitive impairment (MCI) together. Tony currently serves on the Alzheimer's Association's National Board of Directors and both he and Kori have travelled across the US advocating for families who, like theirs, didn't 'fit the mold' for dementia.
00:17 - 01:11	Susan Howland, MSG Did Someone Say "Treatment"? An Update on Research in Dementia Science	Susan Howland is a gerontologist and the Senior Director of Programs with the Alzheimer's Association, California Southland Chapter. In this position, she is responsible for the delivery of care and support programs in the organization's seven county territory. In addition to this role, Susan is a Research Champion for Central and Southern California and delivers research related topics to the general public. Susan has worked in the field of aging and Alzheimer's disease for over 25 years and has received numerous national awards recognizing her contribution to the field, including Rosalynn Carter Leadership in Caregiving Award for bringing the Savvy Caregiver Program to the State of California.
01:11 - 02:09	David Troxel, MPH The Best Friends Approach to Dementia Care	The Best Friends model of care, co-created by David Troxel (Executive Director of the Central Coast Alzheimer's Association from 1994-2004) is now in use around the world and has been praised for its life affirming philosophy. Specific topics of this presentation includes the importance of life story work, communication strategies, and the benefits of socialization and engagement. The presentation includes a caregiver tool kit which will be helpful to professional and family caregivers. Find out more and order David's book at www.bestfriendsapproach.com
02:09 - 02:58	Arlene Stepputat, MA How an End-of-Life Doula Can Support the Caregiver Journey	Arlene is a trained end-of-life doula whose website www.dyinginrgrace.com is a resource with more than 50 videos of local experts talking about all aspects of aging, illness, dying and grief. Arlene was the former Program Director for the Alzheimer's Association and went on to work with Visiting Nurse and Hospice Care (Now VNA Health) for 8 years before she retired to become a full-time volunteer. For an in-depth bio of Arlene's education and qualifications please go to her website. Both her life and her years of training reflect her compassion and empathy to serve others. She has a team of 6 local doulas who provide services in English and Spanish for free.
02:58 - 03:19	Break	

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03:19 - 03:49	Discussion: Caring for Yourself while Caring for a Loved One with Dementia	With Alzheimer's Association staff: Kathryn Westland, Laura DeLoye, Sergio Cendejas, and Leila Thayer Malone
03:49 - 04:41	Valene Campbell Being a Sandwich Generation Caregiver & Talking to Kids about Dementia	Valene is the Founder and Managing Director of a home health care agency that provides in-home personal support care across the Greater Toronto Area. In recent years, she has rediscovered her joy of writing and has now penned three of three bestselling children's books. Her stories tap into what is traditionally deemed as 'difficult to discuss' topics such as health and social issues. Her stories offer insight to parents, and teachers while presenting helpful tidbits that will keep young readers engaged. You can find more at www.valenecampbell.com
04:41 - 05:51	Chris Young, Esq. Legal Tools for Caregivers and Those They Care For	Christopher P. Young, an attorney with The Alvarez Firm, is certified as a specialist in estate planning, trust and probate law by the State Bar of California Board of Legal Specialization. Mr. Young's practice is focused on elder law, estate planning, probate and trust administration. Mr. Young's unique expertise in elder law includes Medi-Cal and Veterans Pension planning to address the high costs of long-term care, special needs trusts for those with a disabled family member, conservatorships (and robust powers of attorney that can help avoid the need for conservatorship), and other legal tools vital to ensuring that families are protected during a period of medical crisis or incapacity. Schedule a free consultation by calling 805.823.4200
05:51 - 06:15	Dawood George Pursuing Your Education while Caregiving for a Family Member	Dawood is a junior at UCSB on the pre-med track. In this presentation he will share his experience navigating his educational pursuits while balancing family responsibilities and the supportive resources available to others in similar situations.

We encourage you to share this recording with anyone you think could benefit from the information covered. They will be asked to complete a short registration form, then can view or download the presentation.

bit.ly/alz2023