



44 Third Street NW  
Pulaski, Virginia  
Return Service Requested

**Caregiver Conference and Resource Fair**

“Roadmap to Caregiving”  
Friday, August 9, 2024

**Are you a caregiver?** You are if you provide care to an older adult or person with disabilities. Whether you are a spouse, relative, or friend, you will not want to miss this important event.

**Visit with exhibitors** to learn more about products and services available to assist caregivers.

**Attend expert presentations** throughout the day on a variety of topics relevant to caregivers.

**Participate in** interactive presentations for **experiential learning**.

**Discuss one-on-one** with Information and Assistance Specialists.

**Enjoy a continental breakfast and lunch.**

**Door prizes, give-aways, and much more!**

Conference hosted by:

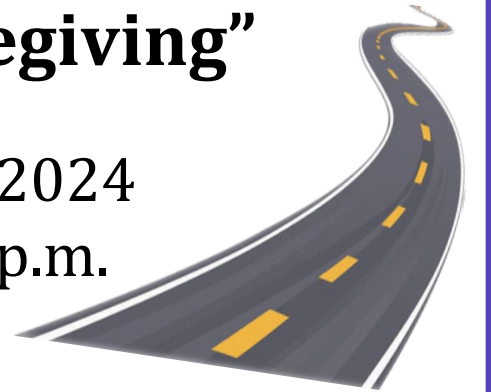


*12th Annual*

Caregiver Conference and Resource Fair

**“Roadmap to Caregiving”**

Friday, August 9, 2024  
8:00 a.m. – 3:45 p.m.



Edwards Hall  
New River Community College  
Dublin, Virginia

Conference Services Supported by:



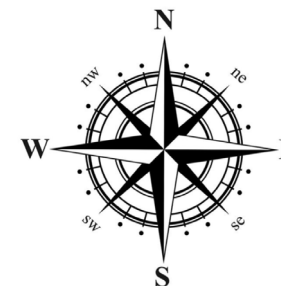
For more information or to register for the conference, contact:

**New River Valley Agency on Aging**

**540 - 980 -7720**

or visit the website at:

**www.nrvaoa.org**



# Conference Registration

Register only one person per registration form. **Registration deadline is no later than 5:00 p.m. Friday, July 19, 2024.**

Name: First: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ Last: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City/ State/ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

★ Indicate your care-giving role:

- Family / Volunteer Caregiver No Conference Fee
- Professional / Professional Caregiver Conference Fee: \$35.00  
(NOTE: Please remit payment with registration.)

★ Do you require special adaptations or accommodations?

yes  no Please describe: \_\_\_\_\_

★ Do you require a vegetarian lunch or gluten free lunch?  yes  no

Please designate which lunch you require: \_\_\_\_\_

Mail registration form (and payment, if applicable) to:

Jennifer Viers  
Caregiver Conference Registration  
New River Valley Agency on Aging  
44 Third Street NW  
Pulaski, Virginia 24301

# Conference Agenda: August 9, 2024

## Edwards Hall C

**8:00-9:00: REGISTRATION AND CHECK-IN / VISIT WITH EXHIBITORS**

**9:00-9:15: WELCOME:** Tina King, Executive Director, *NRV Agency on Aging*

**9:15-9:30: OPENING REMARKS:** Kiersten Ware, Deputy Commissioner of the Division for Aging Services, *Virginia Department for Aging and Rehabilitative Services*

**9:30-11:00: KEYNOTE PRESENTATION:** “*Caregiving: Maneuvering the Road Ahead with Confidence*”, Natalie Elliott Handy and JJ Elliott Hill. This session will help caregivers acquire practical tips, resources, and support systems to navigate the complexities of caregiving; learn how to adapt these strategies to their own caregiving situations; and gain insight into the emotional challenges faced by caregivers.

**11:00-11:15: BREAK**

**11:15-12:15: MORNING BREAKOUT SESSIONS:**

**SESSION A:** “*Approaching the Crossroads: Conversations on Driving*”, Leon Dalton, Nancy J. Lo, and Leslie Pendleton. This informational session facilitates a panel-based discussion on resources and programs for empowering older drivers to extend their ability to drive as long, and safely, as possible; provides ideas for “having the conversation” about giving up driving due to safety concerns; and explores transportation alternatives when driving is no longer an option. **Edwards 206**

**SESSION B:** “*Your Roadmap to Navigating Caregiver Resources*”, Cindy Markham. Through the VirginiaNavigator Family of Websites, learn how to navigate your journey to find information about caregiving basics, technology and tools, caregiver health and support, connect with critical programs and resources, and much more. **Edwards 120**

**SESSION C:** “*Avoiding Roadblocks: Common Healthcare Scams*”, Shawn Smith. Dive into the most common healthcare scams affecting seniors and learn ways in which seniors can prevent, detect, and report those scams. Attendees also will receive resources and other information that will help to keep them safe. **Edwards 123**

**SESSION D:** “*Planning for the Road Ahead: Getting Loved One’s Affairs in Order*”, Bettye Ackerman. This session will discuss having important documents, such as Wills, General Powers of Attorney, and Advance Medical Directives, in place for the future that will help you to care for your loved one, give your loved one peace of mind, and help ensure that your loved one’s wishes are honored. **Edwards 208**

**12:15-1:30: LUNCH / VISIT WITH EXHIBITORS:** **Edwards Hall C**

**1:30-2:30: AFTERNOON BREAKOUT SESSIONS: A-D Repeated** (See sessions above for room locations.)

**2:30-2:45: BREAK**

**2:45-3:15: CLOSING SESSION:** “*Detour Ahead: Finding Rest and Renewal in the Midst of a Busy Life*”, Paula Markham, LPC. This experiential learning session will share some simple practices for taking care of ourselves by renewing our energy, quieting the mind, and comforting the body in healthy ways when the role of caregiving gets to be stressful, challenging, and exhausting. **Edwards Hall C**

**3:15-3:45: CLOSING REMARKS/DOOR PRIZES** (Must be present to win.) **Edwards Hall C**

Detach on dotted line and return when registering

