



13th Annual
Caregiver Conference and Resource Fair
“The Changing Wave of Caregiving”

Friday, August 8, 2025
7:45 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 Agenda: August 8, 2025

Edwards Hall C

7:45-9:00: REGISTRATION AND CHECK-IN / VISIT WITH EXHIBITORS

9:00-9:30: WELCOME AND OPENING REMARKS: Ray Parks, Executive Director, *NRV Agency on Aging*

9:30-10:45: KEYNOTE PRESENTATION: *“The Changing Landscape of Caregiving: Where Do We Go From Here?”*, Joseph Lugo, Director, *Beard Center on Aging, University of Lynchburg*. Join us to “unpack” the challenges of federal policy shifts, severe labor shortages, and the growing burden of how chronic illnesses are transforming how families access critical support, understand their implications, and explore actionable strategies to meet rising needs of caregivers with limited resources.

10:45-11:15: BREAK AND VISIT WITH EXHIBITORS

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

SESSION A: *“Riding the Waves: Navigating the 4 Pillars of Aging Care”*, Robin Weeks, “My Pivotal Point”. Discover how to confidently manage the ever-changing tides of caregiving by focusing on four essential pillars which will include the areas of health needs, legal and financial planning, home safety and adaptations, and changing family dynamics to feel more prepared and less overwhelmed.

Edwards 120

SESSION B: *“Embrace a New Wave of Support and Real Solutions for Caregivers”*: Brooke Hall, *Solutions Medical Supply Store*. Discover the “new wave” of caregiver support from medications to medical equipment and learn about how integrated solutions make caregiving easier, safer, and more manageable.

Edwards 208

SESSION C: *“Steering the Ship in Uncertain Waters: Services and Supports for Better Caregiving”*, Brooke Gill, *Central and Southwest Va. Alzheimer’s Association*; Allison Payne, *Disability Resource Center of the NRV*; and Allison Patrick, *Virginia Department of Veterans Services*. Panel presentations and discussion about resources and supports to help caregivers identify services to strengthen their caregiving role.

Edwards 206

12:15-1:30: LUNCH / VISIT WITH EXHIBITORS:

Edwards Hall C

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

2:30-2:45: BREAK

2:45-3:15: CLOSING SESSION: *“Surfin’ Through Your Life”*, Gretchen Lawson, *New River Valley Agency on Aging*. Chair One Fitness Instructor presents a fun, chair-based dance fitness program that incorporates activities of daily living into cool dance moves to keep people not only movin’, but smilin’ too!

Edwards Hall C

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

Edwards Hall C

Conference Registration

Register only one person per registration form. **Deadline for submission of registration is by 5:00 p.m. Friday, July 18, 2025.**

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.)

★Please mark your selection for the breakout session(s) you wish to attend

Morning Session: ☐ A ☐ B ☐ C **Afternoon Session:** ☐ A ☐ B ☐ C

★Do you require special adaptations or accommodations?

☐yes ☐no Please describe: _____

★Please mark your selection for the type of lunch you prefer:

☐ Regular ☐ Gluten-free ☐ Vegetarian ☐ Gluten-free Vegetarian

★ How confident are you that you are currently able to find the information and resources needed to care for an older adult/family member at home?

☐ Very Confident ☐ Confident ☐ Slightly Confident ☐ Not confident

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