



# Loving on Empty

Free On-line Conference  
for Family Caregivers

Saturday, Oct. 16  
9:30 am - 12:30 pm (EST)

**Keynote 9:40-10:20 am**

## I Feel Invisible: Bringing Light to the Caregiver Experience

Theresa Harvath, PhD, RN, FAAN, FGSA, University of  
California, Davis



What is the proper role of a family caregiver in a medical setting? Caregivers can seem invisible to healthcare providers. They aren't the patient and they aren't medical professionals, but they often know a lot about the patient's health and are essential partners in any treatment plan. Caregivers can find themselves trying to protect their loved one against medical advice that could interfere with autonomy, quality of life, or expressed preferences. Dr. Harvath can help you overcome these challenges and make yourself visible to the healthcare team.

**10:20-11:00 am**

## Life Planning for Caregivers

We plan vacations. We plan for emergencies. We plan our wills and estate. But we rarely if ever plan to be a caregiver, so we don't know where to begin planning for the care to be provided. Let these Henry Ford CARE Specialists guide you through the key situations to plan for as you give care. Think through housing needs, medical requirements, collaborating with family members, finances, transportation, respite care and more. Careful planning will take the stress and uncertainty out of your caregiving future.



Shawn Bennis, MSN, RN, and Veronica Bilicki, RN, Henry Ford CARE Specialists

**11:05-11:45 am**

### **Loving on Empty: Honoring the Caregiver in You**

Sometimes it's hard for us to accept we have become a caregiver. We've had many roles -- daughter, son, mother, uncle, employee, but probably never gave much thought to caregiving. Caregiving is unlike anything else you will ever do. Understanding how to accept and embrace this new role will help you travel from "lost" to "empowered." By honoring the caregiver inside you, you can better meet the needs of those you serve while preserving your own health and peace of mind.



Paula Duren, PhD, Universal Dementia Caregivers

**11:45-12:10 am**

### **Simple Self-Care Strategies and Exercises**

You've heard it a thousand times, "You have to take care of yourself to take care of others." But how? No two days are the same and every day is packed with too much to do. This session focuses on sensible, realistic approaches to self-care to help you build resilience to stress. Learn how to fit care into smaller segments when you're on-the-go or enjoy a longer session of stress relievers when time allows.



Anjanette Davenport Hatter, Your Good Village Collective

**12:10-12:30 pm**

### **And the Journey Continues . . .**

Roger Young cared for his mother at home for many years. He was resourceful in finding cost-effective ways to adapt the home environment to his mother's needs. Caregiving taught him many life lessons and brought him closer to his mother and to all those who care for someone they love. Roger's story will inspire and invigorate you.

Roger Young, Family Caregiver

[CLICK to Register for Oct 16 Zoom](#)

**In partnership with DAAA, AARP  
and the Mary Thompson Foundation**



Questions? Contact Donna @ [donnamacdonald@wayne.edu](mailto:donnamacdonald@wayne.edu)  
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