



MEETING the CHALLENGES of AGING ^{25th} *Annual*

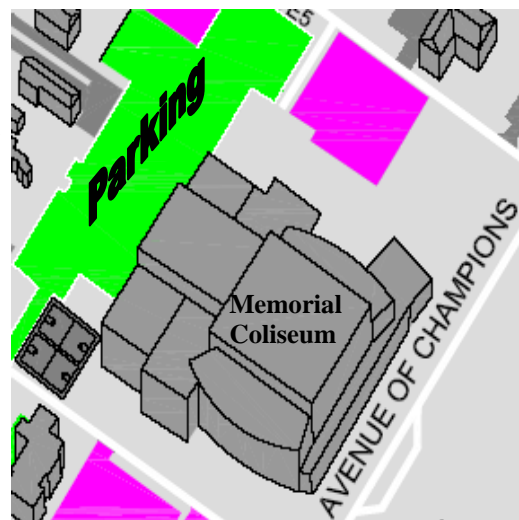
May 15, 2008
University of
Kentucky
Student Center

For Caregivers

- | | | |
|------------------------|--|------------------------------------|
| 8:15-9a.m. | Registration | Coffee available |
| 9-9:45a.m. | Opening Session | Welcome & Introductions |
| | Keynote Address: <i>Susan Westrom, Kentucky State Representative, 79th District</i> | |
| 9:50-10:20a.m. | Latitude Artist Community: How We Do It | |
| | <i>Bruce Burris, Co-Owner Latitude Artist Community</i> | |
| | Latitude creates/provides people considered by some to have disabilities with meaningful interactions through the art and grass roots community advocacy. How do they do it? Find out here! | |
| 10:25-10:55 | The Juggling Act: Practical Tips for Managing Stress | |
| | <i>Tonya Cox, Vice President for Education & Programs for the Alzheimer's Association</i> | |
| | Discussion of caregiver stress and its effects on caregivers as well as practical tips and ideas for minimizing stress and juggling all of the demand of caregiving. | |
| 11:00-11:30 | Long Distance Caregiving | |
| | <i>Janice Austin, M.S.W., UK Elder Care</i> | |
| | Today's society is highly mobile and caregivers are faced with the difficult task of long distance caregiving. Learn how to assess the needs of the aging parent, formulate a care plan utilizing community resources, and monitor the implementation of the plan. | |
| 11:35-Noon | Community Resources - Ten Best Kept Secrets | |
| | <i>Terri Kanatzar, Coordinator University of Kentucky Eldercare</i> | |
| | Terri will be featuring a Top Ten List of local elder care resources. In this session participants will gain an understanding of the various resources available in the community for older adults, the cost of these programs, and where you can get more information about resources in the community. | |
| 12:05-1:30 p.m. | Challenges of Aging Luncheon - UK Grand Ballroom | |
| | Join us for informational exhibits and door prizes! | |
| | Welcome: <i>Mayor Jim Newberry</i> | |
| | Speaker: <i>John P. (Jack) Kelly, CEO of the World Games 2010 Foundation, Inc</i> | |

Directions to UK Student Center

The Student Center, also referred to as the Visitor Center, is located on Avenue of Champions across the street from the Lexington Avenue. Drop-offs may be made by entering at Gate 4. For parking information see below.



Parking

Parking is available ONLY in the R1 lot behind Memorial Coliseum. Entrances can be accessed from Rose Street and Lexington Avenue behind Memorial Coliseum. When entering from Rose Street, turn right into the R1 lot. Shuttle service will be available between the Memorial Coliseum lot and the Student Center before and after the conference.

REGISTRATION FORM - Deadline May 5, 2008

REGISTRATION FEE: \$8.00

Make checks payable to:

Send payment and this form to:

**COMMUNITY FCS
Challenges of Aging
Fayette County Extension Service
1140 Red Mile Place
Lexington, KY 40504 - 1172
(859) 257-5582**

Name: _____

Phone: _____ **Email:** _____

Address: _____

City: _____ **Zip Code:** _____ **Age:** _____

If you are under age 60, do you provide care for an older adult? _____ Yes _____ No

If requesting a vegetarian plate, please check here.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.